



EMERIL LAGASSE

AIR FRIED BANANA BREAD





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Prep time: 15 minutes

Total time: 1 hour 25 minutes

Ingredients

- 4 tablespoons plus 2 teaspoons unsalted butter, at room temperature
- $\frac{3}{4}$ cup all-purpose flour, plus more for dusting the pan
- $\frac{1}{2}$ very ripe banana, peeled
- $\frac{1}{4}$ cup light brown sugar
- 2 large eggs
- $\frac{1}{4}$ cup granulated sugar
- $\frac{3}{4}$ teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{8}$ teaspoon baking powder
- $\frac{1}{3}$ cup chopped pecans, lightly toasted

1 mini loaf, about 3 to 4 servings

Set the Air Fryer to 320 degrees Fahrenheit and 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 as you prepare the batter.

In a medium bowl, combine one half of the banana with the light brown sugar and mash together using the back of a spoon. Add the eggs, granulated sugar, vanilla extract, cinnamon, nutmeg and salt to the bowl and whisk briskly to incorporate. Sift in the baking soda, baking powder and flour and stir until just combined. Fold in the pecans and pour the batter into the prepared loaf pan. Place the loaf pan into the basket of the Air Fryer and close the drawer. Set the timer for 30 minutes. When the timer goes off, set the timer for an additional 20 minutes, baking until a wooden skewer or a cake tester inserted into the center comes back clean.

When done baking, use tongs to lift the loaf pan out of the basket, and let cool for at least 20 minutes before inverting the loaf pan over a plate and removing the pan to release the bread. Cut into slices and serve warm.

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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: 35 minutes

Ingredients

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

2 to 4 servings

Set the Emeril Air Fryer to 400 degrees Fahrenheit.

In a medium bowl, combine the chicken wings, pimento, salt and cayenne pepper and toss well to combine. Drizzle with the olive oil and toss to coat. Place the chicken wings in the basket of the Air Fryer, close the basket drawer, and set the timer for 30 minutes. Cook the chicken wings, tossing them twice throughout the cooking process to ensure even browning.

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

When the timer goes off, remove the chicken from the Air Fryer and transfer to a serving platter. Drizzle the lemon and honey mixture over top and serve while hot.

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AIR FRIED MAC & CHEESE





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AIR FRIED MAC & CHEESE

Prep time: 10 minutes

Total time: 40 minutes

Ingredients

- 2 tablespoons, plus ½ teaspoon salt
- ½ pound elbow pasta, or your favorite cut pasta shape
- ½ cup whole milk
- ½ 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
- 1/8 teaspoon ground nutmeg
- ¼ cup bread crumbs, or crumbled stale white bread
- ¼ cup finely grated parmesan cheese
- 1 tablespoon unsalted butter, melted

6 to 8 servings

Set a 2-3 quart saucepan three-quarters filled with water over high heat and bring to a boil. Once boiling, add 2 tablespoons of the salt to the water and then the pasta. Cook the pasta until just al dente, about 9-10 minutes. Remove from the water, drain well, and place in a medium bowl. Add the milk, heavy cream, Fontina, Gruyere, cheddar, Essence, the remaining ½ teaspoon of salt, black pepper and nutmeg and stir well to combine. Place the pasta into the bucket pan and in a separate, small bowl, combine the bread crumbs, parmesan cheese and butter and stir to blend. Sprinkle over the top of the pasta and place in the basket of the Air Fryer.

Set the temperature to 350 degrees Fahrenheit and close the door. Set the timer for 30 minutes. When the timer goes off, remove the barrel pan and allow the mac & cheese to cool for at least 20 minutes before inverting the barrel pan over a plate and removing the pan to release the mac & cheese. Invert using a second plate to get the mac & cheese right-side up.

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**AIR FRIED SALMON
WITH TOMATO PANSAUCE**



AIR FRIED SALMON WITH TOMATO PAN SAUCE

Prep time: 10 minutes
Total time: 20 minutes

Ingredients

- 2 salmon filets, 6 ounces each with skin on
- 2 tablespoons olive oil
- 1 ½ teaspoons kosher salt
- ¾ 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

2 servings

Set the Emeril Air Fryer to 400 degrees Fahrenheit.

Rub 1 tablespoon of the olive oil over the salmon, and season with 1 teaspoon of the salt and 1/2 teaspoon of the black pepper. Place the salmon, skin-side up in the basket of the Air Fryer and close the drawer. Set 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 ½ teaspoon salt and ¼ teaspoon black pepper to the pan and cook until the sauce has reduced and begins to thicken, about 2-3 minutes. Set aside.

Once the timer goes off, remove the salmon from the Air Fryer. To serve, divide the sauce between two entrée plates and plate the salmon on top of the sauce. Serve immediately.

AIR FRIED FILET MIGNON WITH A BLUE CHEESE CRUST



AIR FRIED FILET MIGNON WITH A BLUE CHEESE CRUST

Prep time: 10 minutes
Total time: 27-35 minutes

Ingredients

- 2 filet mignon steaks, 6-7 ounces each
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 ½ ounces Gorgonzola cheese, crumbled
- 2 egg yolks
- 2 tablespoons bread crumbs

Set the Emeril Air Fryer to 400 degrees Fahrenheit.

Rub the filets with the olive oil and season with the salt and pepper. Place in the Air Fryer and set the timer for 10 minutes. When the timer goes off, remove the filets from the basket of the Air Fryer and allow to cool for 10 minutes.

While the steaks cool, combine the Gorgonzola, egg yolks and bread crumbs in a medium bowl and whisk well to combine. Once the filets are cool enough to handle, smear the blue cheese mixture evenly over the tops of each filet, and then return to the basket of the Air Fryer. Set the timer for 7 minutes for rare, and up to 15 for well done. Once the timer goes off, remove the steaks from the Air Fryer and serve while hot.