

# AIR FRYER 2.4QT

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## Recipe Guide



Cook's Essentials®

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# POTATO WEDGES

## INGREDIENTS:

2 medium russet potatoes

2 cups water

1 tablespoon canola oil

½ teaspoon paprika

¼ teaspoon black pepper

¼ teaspoon salt

## DIRECTIONS:

- Scrub the potatoes under cool water to clean.
- Boil potatoes in salted water for 40 minutes or until tender to a fork.
- Cool completely (approximately 30 minutes) in the refrigerator.
- In a mixing bowl combine canola oil, paprika, salt and black pepper.
- Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
- Preheat the Air Fryer to 400°F.
- Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd.
- Cook each batch at 400°F for 13-15 minutes or until golden brown.



# FRENCH FRIES

## INGREDIENTS:

2 medium russet potatoes, peeled (10 oz. maximum)

1 tablespoon olive oil

## DIRECTIONS:

- Peel the potatoes and cut them into ½ inch by 3 inch strips.
- Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
- Preheat the Air Fryer to 330°F.
- Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly.
- Add the potatoes to the cooking basket and cook (blanch) at 330°F for 10-15 minutes, until crisp.
- Remove from the basket and allow to cool on a wire rack.
- Increase the temperature of the Air Fryer to 400°F and add the pre-cooked potatoes back into the basket, cooking for another 10-15 minutes or until golden brown.
- Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.



# POTATO CHIPS

## INGREDIENTS:

1 medium potato

½ tablespoon  
vegetable oil

1 teaspoon  
rosemary, chopped

1 pinch salt

## DIRECTIONS:

- Scrub the potatoes under cool water to clean.
- Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water.
- Soak the potatoes for 30 minutes, changing the water several times.
- Drain thoroughly and pat completely dry with a paper towel.
- Preheat the Air Fryer to 300°F.
- In a mixing bowl, toss the potatoes with vegetable oil.
- Place them into the cooking basket and cook at 300°F for 15-20 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly.
- When finished and still warm, toss in a large bowl with rosemary and salt.

# ONION RINGS

## INGREDIENTS:

4 oz. frozen onion rings, battered

1 pinch salt

## DIRECTIONS:

- Place frozen onion rings in the cooking basket and cook at 400°F for 6-10 minutes.
- Toss onion rings with a pinch of salt.





# BACON-WRAPPED TATER TOTS

## INGREDIENTS:

1 large bag frozen tater tots

1 lb. bacon, sliced medium

½ cup cheddar cheese, shredded

4 scallions

3 tablespoons sour cream

## DIRECTIONS:

- Wrap 25 tater tots with a piece of bacon and place into the cooking basket. Do not overcrowd.
- Cook for 14 minutes at 400°F.
- In the last minute of cooking, sprinkle cheese and scallions over the hot tater tots.
- Transfer to a plate and serve with sour cream.



# PIGS IN A BLANKET

## INGREDIENTS:

16 oz. package  
cocktail franks

8 oz. can of crescent  
rolls

## DIRECTIONS:

- Remove the cocktail franks from the package and drain, pat dry on paper towels.
- Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch.
- Roll the strips around the franks, leaving the ends visible.
- Place in the freezer for 5 minutes to firm.
- Preheat the Air Fryer to 320°F.
- Remove the franks from the freezer and place 10-12 of them at a time in the cooking basket.
- Cook each batch at 320°F for 6-8 minutes or until golden brown.



# FRIED CHICKEN

## INGREDIENTS:

4 chicken thighs (no more than 1½ lbs.) with skin on, bone in

1 cup buttermilk, whole

2 cups flour, white

1 tablespoon black pepper

1 tablespoon garlic powder

1 teaspoon onion powder

½ teaspoon poultry seasoning

1 teaspoon cumin

1 tablespoon paprika

1 tablespoon sea salt

1 tablespoon olive oil

## DIRECTIONS:

- Soak the chicken in the buttermilk in the fridge for 2 hours.
- Add the seasonings to the flour with oil and mix well.
- Dip the chicken into the flour mix, then in buttermilk, and back into the flour.
- Place the chicken into the cooking basket. Repeat until all the chicken is coated.
- Cook at 360°F for 30 minutes.
- Turn the chicken after 15 minutes.
- Spray with cooking oil partway through the cooking process to brown and crisp.
- Serve when chicken is cooked to desired crispness.



# KOREAN BBQ SATAY

## INGREDIENTS:

1 lb. (10-12 pcs) boneless skinless chicken tenders

¼ cup low sodium soy sauce

¼ cup pineapple juice

2 tablespoons rice wine vinegar

¼ cup sesame oil

2 garlic cloves, chopped

2 scallions, chopped

½ tablespoon fresh ginger, grated

1 teaspoon sesame seeds, toasted

1 pinch black pepper

## DIRECTIONS:

- Skewer each chicken tender, trimming excess meat or fat.
- Combine all other ingredients in a large mixing bowl.
- Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
- Preheat the Air Fryer to 400°F.
- Pat chicken completely dry with a paper towel.
- Add 4 of the skewers to the cooking basket at a time, and cook each batch for 7-10 minutes.

# HOT WINGS

## INGREDIENTS:

12 chicken wings,  
drumettes, raw

½ cup buffalo sauce

## DIRECTIONS:

- Place the wings into the cooking basket and into the Air Fryer.
- Cook at 400°F for 16-20 minutes.
- Halfway through the time, shake the wings.
- When done remove and toss with the sauce.



# CHICKEN TENDERS

## INGREDIENTS:

6 chicken tenders

1 cup panko  
breadcrumbs

vegetable oil in a  
spray bottle

½ cup flour, white

3 large eggs

1 cup milk

1 teaspoon sea  
salt

½ teaspoon  
black pepper

## DIRECTIONS:

- Place chicken tenders on a plate.
- Place the panko in a pan. Mix with vegetable oil.
- Place the flour in a pan. In a bowl, add milk into eggs before beating them.
- Dip the chicken tenders into the flour, then egg mixture, and finally the panko mixture. Season with salt and pepper.
- Place into the cooking basket and repeat until done.
- Spray with cooking oil partway through the cooking process to brown and crisp.
- Cook at 360°F for 12 minutes.
- Halfway through cooking, flip the tenders over.





# MOZZARELLA STICKS

## INGREDIENTS:

1 lb. mozzarella  
cheese, block

1 cup  
breadcrumbs, plain

2 eggs

3 tablespoons milk,  
nonfat

¼ cup flour, white  
cooking oil in a  
spray bottle

## DIRECTIONS:

- Cut cheese into 12 x ½ inch sticks, each stick will be about 1 oz.
- Place breadcrumbs in a bowl. Place flour in a separate bowl. Mix the egg and milk together and put in a separate bowl.
- Dip cheese sticks in flour, then egg mixture, and finally breadcrumbs.
- Lay breaded sticks on a flat cookie sheet.
- Freeze in freezer for 1-2 hours or until solid.
- Place small batches of breaded sticks (between 5 and 6 sticks - do not overcrowd) into the cooking basket.
- Cook at 400°F for 7 minutes.
- Spray with cooking oil partway through the cooking process to brown and crisp.





# GARLIC TOAST WITH CHEESE

## INGREDIENTS:

French bread or Italian bread cut into slices.

### For The Garlic Butter

4 tablespoons softened butter

6 - 7 flakes crushed garlic

Pinch of salt

¼ teaspoon black pepper powder

### For The Topping

½ cup grated cheese

1 - 2 teaspoons oregano

Some red chili flakes to sprinkle

2 tablespoons olive oil

## DIRECTIONS:

- Preheat the Air Fryer to 350°F.
- Prepare garlic butter by mixing all the ingredients together.
- Spread some garlic butter on 2 slices at a time and top them with cheese.
- Sprinkle some chili flakes and oregano.
- Place half the bread slices into the cooking basket and cook each batch at 350°F for 5-6 minutes to toast the bread.
- Serve hot.



# GRILLED CHEESE

## INGREDIENTS:

4 slices of brioche or white bread

¼ lb. sharp cheddar cheese

½ cup butter, melted

## DIRECTIONS:

- Preheat the Air Fryer to 350 °F.
- Place cheese and butter in separate bowls.
- Brush the butter on each side of the 4 slices of bread.
- Place the cheese on 2 of the 4 pieces of bread.
- Put the grilled cheese together and cook one sandwich at a time.\*
- Cook at 350 °F for 4-5 minutes or until golden brown and the cheese has melted.

***\*You may wish to secure the sandwich with toothpicks so the bread doesn't fly up***

# GARLIC KNOTS

## INGREDIENTS:

1 lb frozen pizza dough/crust

1 tablespoon garlic

1 teaspoon sea salt

1 tablespoon fresh parsley, chopped

1 tablespoon Parmesan cheese, grated

½ cup olive oil

Marinara sauce

## DIRECTIONS:

- Roll the pizza dough out until ¼ inch thick.
- Slice the dough lengthwise. About ¾ inch apart, or 10 pieces.
- Roll the dough between your palm and countertop.
- Make a knot with the dough and repeat until all the dough is used.
- Add the spices, cheese and olive oil into a bowl and mix well.
- Roll the knots into the oil mixture and place 4-5 at a time into the cooking basket.
- Cook at 360°F for 7-8 minutes.
- Flip over halfway through.
- Serve with marinara sauce.



# BACON WRAPPED SHRIMP

## INGREDIENTS:

1 lb. tiger shrimp,  
peeled and deveined  
(between 12-15  
pieces)

1 lb. bacon, thinly  
sliced, room  
temperature

## DIRECTIONS:

- Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail.
- Place the wrapped shrimp in the refrigerator for 20 minutes.
- Preheat the Air Fryer to 400°F.
- Remove the shrimp from the refrigerator and add half (approximately 6-7 pieces at a time) to the cooking basket.
- Cook each batch at 400°F for 7-10 minutes.
- Drain on a paper towel prior to serving.





# CAJUN SHRIMP

## INGREDIENTS:

8 oz. shrimp (16-20 count)

¼ teaspoon cayenne pepper

½ teaspoon old bay seasoning

¼ teaspoon smoked paprika

1 pinch of salt

1 tablespoon olive oil

## DIRECTIONS:

- Preheat the Air Fryer to 400°F.
- In a mixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices.
- Place the shrimp into the cooking basket and cook at 400°F for 5 minutes.
- Serve over rice.





# COCONUT SHRIMP

## INGREDIENTS:

12 large shrimp, raw, peeled and deveined (approximately 6 oz.)

1 cup panko breadcrumbs

1 cup coconut, dried, unsweetened

1 tablespoon cornstarch

½ cup flour, white

½ cup egg white, raw

vegetable oil in a spray bottle

## DIRECTIONS:

- Place the shrimp on paper towels.
- Mix the panko and coconut together in a flat pan and set aside. Mix the flour and cornstarch in a different flat pan and set aside.
- Place the egg whites in a bowl.
- Dip one shrimp at a time into the flour mixture, then into the egg whites, and finally into the coconut mixture.
- Place the coated shrimp into the cooking basket and repeat until all the shrimp is coated.
- Spray with cooking oil partway through the cooking process to brown and crisp.
- Cook at 350°F for 10 minutes.
- After 5 minutes, turn if needed.



# FISH NUGGETS

## INGREDIENTS:

½ lb. cod

## For The Breading

¾ cup panko  
breadcrumbs

2 tablespoons olive  
oil

1 teaspoon salt

2 eggs, beaten

1 cup all-purpose  
flour

vegetable oil in a  
spray bottle

## DIRECTIONS:

- Preheat the Air Fryer to 400°F.
- Cut the cod into strips approximately 1 inch by 2 x ½ inches in length.
- In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb.
- In three separate bowls, set aside panko mixture, eggs and flour.
- Place each piece of cod into the flour, then the eggs and then the breadcrumbs.
- Press the fish firmly into breadcrumbs to ensure that they adhere to the fish.
- Shake off any excess breadcrumbs.
- Add half of the cod nuggets to the cooking basket, cooking each batch at 400°F for 8-10 minutes or until golden brown.
- Spray with cooking oil partway through the cooking process to brown and crisp.



# GRILLED CORN

## INGREDIENTS:

2 corn on the cob

Olive oil

## DIRECTIONS:

- Preheat the Air Fryer to 350°F for 3 minutes.
- Peel husks from corn and wash.
- Spread a thin layer of olive oil on the corn, and place them into the cooking basket.
- Cook at 390°F for 8-10 minutes, or until the corn is roasted brown. Rotate the corn halfway through cooking.
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# MINI CHEESEBURGER SLIDERS

## INGREDIENTS:

8 oz. ground beef

Salt

Black pepper

2 slices cheddar  
cheese

2 dinner rolls

## DIRECTIONS:

- Preheat the Air Fryer to 400°F.
- Form the ground beef into 2, 4-ounce patties and season with salt and pepper.
- Add the burgers to the cooking basket and cook at 400°F for 8-10 minutes.
- Remove from the Air Fryer, place the cheese on top of the burgers and return to the Air Fryer to cook for one more minute.
- Serve on dinner rolls.





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