AIR FRYER 2.4QT
Recipe Guide
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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
breadcrums
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.
Air Fryer

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