



cook's essentials®

3.4 QT DIGITAL OIL-LESS FRYER

RECIPE BOOK



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FRENCH FRIES

INGREDIENTS

2 medium potatoes
1 tbsp. cooking oil
Dash of paprika

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Rinse potatoes and peel
- Cut into wedges and soak in water for at least 30 minutes
- Pat dry with paper towel and coat with oil in a bowl
- Sprinkle with paprika powder
- Brush the potatoes with cooking oil and cook at 400°F for 10 minutes
- Stir and cook for another 5 - 10 minutes



FRIED CHICKEN

INGREDIENTS

1 cup crisp rice cereal, coarsely crushed
1/2 cup buttermilk
2 tbsp. all-purpose flour
1/2 tsp. salt
1/4 tsp. dried thyme
1/4 tsp. poultry seasoning
4 boneless skinless chicken breast halves
1 tbsp. cooking oil

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- In a small mixing bowl, combine cereal, flour and seasonings
- Add buttermilk in a separate small mixing bowl
- Dip chicken in buttermilk, then roll in cereal mixture
- Brush the chicken with cooking oil
- Place in Oil-Less Fryer for 10 minutes at 360°F.
- Turn chicken over and cook for another 8 - 12 minutes



FRIED SHRIMP

INGREDIENTS

4 oz. shrimp
2 oz. all purpose flour
1 tbsp. cooking oil
1 egg
Salt
Pepper
Red wine

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Rinse and remove head and shell of the shrimp
- Season with salt and pepper
- Marinate in red wine for 10 minutes
- Coat with layers of flour and egg
- Brush the shrimp with cooking oil
- Cook at 400°F for 8 minutes
- Flip the shrimp and cook for another 5 minutes
- Add dressing and serve



INGREDIENTS

1 egg
3 oz. pork cutlet
1 tbsp. cooking oil
2 oz. all purpose flour
Salt
Pepper
Tartar sauce

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Slice pork into bite sized pieces and tenderize with a meat tenderizer
- Add red wine, salt and pepper and marinate for 20 minutes
- Coat with layers of flour and egg
- Brush the pork cutlet with cooking oil
- Cook at 400°F for 10 - 12 minutes
- Flip and cook for another 10 -12 minutes
- Garnish with parsley



ROASTED CHICKEN WITH TOMATOES

INGREDIENTS

2 deboned chicken thighs (removed excess fat)

Tomato

1 tbsp. cooking oil

Marinade: 2 cloves of garlic-peeled and grated, 2 tsp. dried herbs, 6 tbsp. light soy sauce

PREPARATION

- Preheat the Oil-Less Fryer to 350°F
- Combine garlic, dried herbs and soy sauce in a bowl
- Place the chicken in a bowl and coat with the marinade
- Cover the bowl and place in the fridge
- Marinate chicken for 1 hour in the marinade
- Take the chicken out of the marinade and brush with cooking oil
- Cook at 350°F for 10 minutes
- Flip and cook for another 10-15 minutes
- Remove the chicken from the Oil-Less Fryer
- Drizzle 1 tbsp of oil over the tomatoes and place in Oil-Less Fryer
- Roast on 350°F for 6 minutes



CHICKEN NUGGETS WITH HONEY MUSTARD SAUCE

7

INGREDIENTS

2 slices white or whole wheat bread made into breadcrumbs	1 tbsp. olive oil
9 oz. chicken breast chopped into pieces	1 tsp. paprika
1 tsp. garlic puree	1 tsp. parsley
1 tsp. ketchup	All purpose flour
2 eggs beaten	

Honey & Mustard Sauce: 1/3 cup mustard, 1/3 cup honey, 1 pinch cinnamon, 1 pinch salt

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Mix the breadcrumbs with paprika, salt and pepper and slowly stir in olive oil
- Puree the chicken breast in a food processor and add the parsley, garlic, one beaten egg and ketchup
- Place the second beaten egg in a bowl for coating
- Make the chicken mixture into chicken nugget shapes and then dredge the chicken in the egg followed by the breadcrumbs
- Brush the nuggets with cooking oil and cook at 360°F for 10 minutes
- Flip the nuggets and cook for another 5 - 8 minutes
- Combine the mustard, honey, cinnamon and salt to make the honey mustard sauce
- Serve with honey mustard sauce



SEAFOOD BITES

INGREDIENTS

7 oz. peeled fresh shrimp	2 tbsp. chopped cilantro
10 oz. squid paste	2 scallions
1 tsp. cooking oil	3 tbsp. water
2 tsp. red wine,	1 tbsp. garlic oil pepper
1 tsp. chicken seasoning powder	8 slices firm white sandwich bread with crusts discarded
1 egg white	
6 water chestnuts	

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Crumble the bread slices into a large bowl until reduced to fine crumbs
- Blend shrimp and squid paste together
- Place in a bowl and stir with chopped water chestnuts, cilantro, scallions, water, garlic, oil and pepper
- Form the mixture into 10 balls and dip in water
- Roll the wet mixture into the breadcrumbs
- Brush the balls with cooking oil
- Cook at 360°F for 8 minutes
- Flip and cook for another 3 - 5 minutes or until the seafood balls are golden brown



SWEET POTATO CHIPS

9

INGREDIENTS

3 sweet potatoes,
Salt
Pepper
2 tbsp. cooking oil

PREPARATION

- Preheat the Oil-Less Fryer to 320°F
- Cut sweet potatoes into desired size and shapes
- Season with salt and pepper
- Brush the sweet potatoes with cooking oil
- Cook at 320°F for 6 minutes
- Stir and cook for another 8 minutes at 320°F



MEDITERRANEAN CHICKEN NUGGETS

INGREDIENTS

Dry sliced white bread	1 garlic clove
1 tbsp. paprika powder	2 tbsp. red pesto
1 tbsp. cooking oil	Pepper
8 oz. chicken fillet	1 tbsp. flat-leafed parsley
1 egg yolk	
2 egg whites	

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Grind bread with paprika in a food processor and mix with olive oil in a bowl
- Puree chicken fillet in a processor and mix with egg yolk, garlic, pesto, and parsley
- Add 1/2 tsp. salt and pepper to taste
- Whisk egg whites in a bowl
- Shape the chicken mixture into 10 balls and press into oval nuggets
- Coat the nuggets first with egg whites and then with breadcrumbs
- Brush the nuggets with cooking oil
- Cook at 400°F for 10 - 12 minutes
- Serve with salad



FRIED HASH BROWNS

11

INGREDIENTS

4 large baking potatoes
1 small grated onion
1 tbsp. melted butter
1 tsp. salt
Cooking oil
Pepper

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Peel and rinse potatoes
- Shred and boil for 4 - 6 minutes in salt water
- Cool potatoes and mix with grated onion, melted butter and mixed herbs
- Add salt and pepper to taste
- Grease a shallow round foil tray that fits into the fryer basket
- Place potatoes into tray and brush the top with cooking oil
- Cook at 400°F for 20 minutes. Bake the hash browns until they are a nice golden brown finish. Gently and with the help of a spatula, loosen the hash browns around the edges and remove them



CAJUN CATFISH FINGERS

INGREDIENTS

15 oz. catfish fillet
1 tbsp. lemon juice
2 tbsp. cajun seasoning
2 eggs
3.5 oz. flour
10 oz. cooking oats
1 tbsp. olive oil

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Cut fillet into strips and season with lemon juice and cajun seasonings
- Coat with layers of flour and egg
- Coat with oats
- Brush fish fingers with cooking oil
- Cook at 360°F for 10 minutes
- Cook the fish fingers until golden brown. Then, turn the fingers over and fry for another 5 - 10 minutes or until the seafood balls are golden brown



INGREDIENTS

1 egg yolk	1 green onion
3 oz. feta cheese	1 tsp. black pepper
2 tbsp. cooking oil	5 frozen filo dough pastry sheets, defrosted
2 tbsp. flat-leafed parsley	

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Mix egg yolk, feta, parsley, green onion and pepper
- Unfold each pastry sheet on a lightly floured surface and cut into three strips
- Place a scoop of the mixture on the underside of the strip
- Fold the tip of the strip over the mixture to form a triangle, alternating folding the strip left and right until the filling is wrapped up in a triangle of pastry
- Brush the triangles with light oil
- Bake at 400°F for 8 minutes
- Flip and cook for another 5 - 7 minutes



FRIED CURRY POTATO WEDGES

INGREDIENTS

4 large potatoes
1 tbsp. cooking oil
1 tbsp. curry powder
1 tbsp. curry paste
1 tsp. sugar

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Peel and rinse potatoes
- Cut into pieces and soak in mild salt water for 10 minutes
- Mix curry powder, cooking oil, curry paste and sugar.
- Remove potatoe pieces from water
- Coat potatoe pieces with mixture
- Cook at 360°F for 10 - 15 minutes until golden brown



INGREDIENTS

18 oz. Pork ribs
1 tsp. salt
1 tsp. black pepper
1 tsp. garlic
3 tbsp. melted butter
1 tomato
1 onion
1 lemon

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Season ribs with pepper, salt, lemon and garlic
- Refrigerate for 24 hours
- Brush meat with melted butter and add sliced tomato, green pepper and onion
- Cook at 400°F for 20 minutes
- Flip and cook for another 15 - 20 minutes



ITALIAN VEGETABLES

INGREDIENTS

1 eggplant
2 tomatoes
1 yellow pepper
1 red pepper
1 tbsp. cooking oil
2 onions
Sliced garlic cloves
Olives
Salt

PREPARATION

- Preheat the Oil-Less Fryer to 320°F
- Chop and mix all ingredients except for olives and salt gently
- Cook at 320°F for 10 minutes
- Stir and cook for another 5 - 10 minutes
- Ready to serve with olives and salt to add flavor



INGREDIENTS

1lb. Pork loin
2 tbsp. honey
1/2 tsp. soda
1 1/2 tbsp. sugar
12 tbsp. rosé wine
1 tsp. red wine

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Combine honey, soda, sugar, rosé wine and red wine
- Cut pork loin into long strips
- Add marinade and marinate meat in refrigerator covered for 8 hours
- Cook at 400°F for 10 minutes
- Brush the pork with marinade
- Cook for another 5 minutes at 320°F



FRIED TOFU

INGREDIENTS

1 package tofu (4 oz.)
Pinch of salt
1 tsp. grated garlic

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Cut tofu into cubes and pat dry
- Season with salt and grated garlic.
- Cook at 360°F for 7- 8 minutes



INGREDIENTS

2 slices of catfish
1 egg
3 oz. all purpose flour
1 tbsp. cooking oil
Salt
Pepper
Tartar sauce

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Rinse fillet and pat dry
- Season with salt and pepper
- Coat with layers of flour and egg
- Brush the fish fillet with cooking oil
- Cook at 400°F for 10 minutes
- Flip and cook for another 10 minutes
- Garnish with parsley
- Serve with Tartar sauce



EGG ROLLS

INGREDIENTS

4 pieces of egg roll wrap	1/2 tsp. salt
1/2 oz. of celery	1/2 tsp. poultry seasoning powder
1/2 oz. carrot	1 tbsp. of cooking oil
1/2 oz. mushroom	Shredded chili
3 oz. cooked chicken breast meat	Parsley
1 egg	

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Shred chicken breast, celery, carrot and mushroom into thin strips
- Add salt and poultry seasoning powder and mix
- Add egg and corn starch and stir well until it becomes thick
- Wrap the mixture with egg roll wrap
- Brush the egg rolls with cooking oil
- Cook at 400°F for 5 minutes
- Flip the egg roll and cook for another 5 - 8 minutes
- Garnish with parsley and shredded chili



INGREDIENTS

6 oz. dumpling wrap	1 tbsp. chopped onion
4 oz. bean sprouts	2 tbsp. chopped garlic
2.5 oz minced pork	1 onion
2.5 oz. minced beef	1 tbsp. sesame oil
1 piece tofu (4 Oz.)	Pepper
1/4 piece pumpkin	Salt
1 shallot	Sesame seeds
1 egg	All purpose flour
1 tbsp. cooking oil	

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Drain tofu to remove water
- Blanch bean sprouts in boiling water, drain dry and cut into small pieces
- Blend shallots and pumpkin
- Mix minced pork, beef, bean sprouts, onion, garlic, shallot and pumpkin mix, sesame oil and tofu
- Wrap the above filling mixture with dumpling skin and coat with layers of flour and egg
- Brush with cooking oil & cook at 360°F for 5 minutes
- Turn dumpling over and cook for another 5 minutes
- Garnish with parsley and shredded chili



FRIED SOFT SHELL CRAB

INGREDIENTS

5 oz. soft shell crab	1 tsp. Crushed ginger
1 oz. all-purpose flour	1 tsp. Crushed garlic
2 tbsp. cooking oil	1 Spring onion
3 tbsp. soy sauce	1 small Onion
2 tbsp. red wine	1 tsp. black pepper
1 tsp. water	½ tsp. chili powder
1 tsp. sugar	

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Remove crab shell, rinse and cut into pieces
- Coat with flour
- Cook at 360°F for 10 minutes
- On a pre-heated wok, add oil, ginger, garlic, chili, black pepper, soy sauce, red wine, sugar and a little bit of water until it boils
- Add the boiled sauce on to the fried crab



INGREDIENTS

4 tbsp. pure chocolate
3 tbsp. butter
1 egg
3 tbsp. sugar
1 tbsp. vanilla sugar
3 tbsp. all purpose flour
2 tbsp. chopped walnuts

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Melt chocolate and butter together on low heat; cool
- Mix egg with sugar and a pinch of salt in a bowl; add flour and walnuts
- Mix into chocolate butter mixture
- Pour into oven safe cake form
- Bake at 360°F for 20 minutes or until the surface is crispy. The inside should remain soft.
- Let brownies cool in cake form
- Cut into squares and serve



BANANA MUFFINS

INGREDIENTS

2 bananas	1 tbsp. sugar
1 tbsp. cooking oil	2 tbsp. all purpose flour
1 tsp. vanilla	1 egg
1 tsp. cinnamon	
1 tsp. baking powder	

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Mix oil, egg and sugar together
- Add vanilla, cinnamon, baking powder and flour to mixture
- Mix until smooth
- Sprinkle with sugar and cinnamon
- Bake at 360°F for 8 - 15 minutes or until a toothpick comes out clean
- Remove with a spatula and cool before serving



CHURROS WITH CHOCOLATE

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INGREDIENTS

3 tbsp. water	1 tbsp. butter
3 tbsp. all purpose flour	1 tbsp. cinnamon powder
1 tbsp. cornmeal	1 tbsp. baking soda
2 tbsp. chocolate powder	1 pinch salt
1 tbsp. sugar	1 tbsp. cooking oil

PREPARATION

- Preheat the Oil-Less Fryer to 400°F
- Mix flour, cornmeal, chocolate powder and baking soda in a bowl
- In a medium- sized bowl, mix water, butter and a pinch of salt together with the above mixture
- Boil for 5 minutes and let cool
- Grease your hands with oil and shape the churros 3 - 4 inches long and less than half inch in diameter
- Brush churros with cooking oil
- Bake at 400°F for 6 minutes. For crispier churros, leave for an additional 3 minutes. Remove and sprinkle sugar mixed with chocolate powder



CHOCOLATE COOKIES

INGREDIENTS

8 oz. all purpose flour	2 tbsp. chopped chocolate
2 tbsp. brown sugar	1 tsp. baking powder
2 tbsp. white sugar	1 tsp. baking soda
2 tbsp. chocolate powder	1 egg

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Mix all ingredients thoroughly in a bowl
- Make 1 - 2 inch diameter balls
- AirFry 4 to 6 balls at a time at 360°F for 5 minutes. For crispier cookies, fry for an additional 2 - 3 minutes



INGREDIENTS

2 tbsp. all purpose flour

2 tbsp. sugar

1 tbsp. baking powder

2 tbsp. milk

1 tbsp. cooking oil

1 tbsp. grated lemon rind

1 egg

PREPARATION

- Preheat the Oil-Less Fryer to 360°F
- Mix flour, sugar and baking powder a bowl
- Add egg, milk, lemon juice and oil
- Put into cupcake liners
- Sprinkle with grated lemon rind and cook at 360°F for 8 - 15 minutes
- Decorate and serve



