The AMAZING WAY to Cook Food With Little to NO OIL Using SUPER-HEATED AIR!
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>BROWN SUGAR-GLAZED HAM</td>
<td>5</td>
</tr>
<tr>
<td>BACON-WEAVED STUFFED TURKEY</td>
<td>7</td>
</tr>
<tr>
<td>HERB-ROASTED TURKEY</td>
<td>9</td>
</tr>
<tr>
<td>ROSEMARY LEMON LEG OF LAMB</td>
<td>10</td>
</tr>
<tr>
<td>ROTISserie TROUT</td>
<td>11</td>
</tr>
<tr>
<td>SOUTHWEST PORK TENDERLOIN</td>
<td>13</td>
</tr>
<tr>
<td>ROTISserie SAUSAGE</td>
<td>14</td>
</tr>
<tr>
<td>BONELESS BBQ RIBS</td>
<td>15</td>
</tr>
<tr>
<td>CORNISH HENS</td>
<td>17</td>
</tr>
<tr>
<td>STACKED SOUVLAKI CHICKEN</td>
<td>18</td>
</tr>
<tr>
<td>ROTISserie CHICKEN</td>
<td>19</td>
</tr>
<tr>
<td>BOURBON ROTISserie PORK ROAST</td>
<td>21</td>
</tr>
<tr>
<td>BACON-WRAPPED PORK TENDERLOIN</td>
<td>22</td>
</tr>
<tr>
<td>PRIME RIB ROAST</td>
<td>23</td>
</tr>
<tr>
<td>ROTISserie ROAST BEEF</td>
<td>25</td>
</tr>
<tr>
<td>ITALIAN ROULADE OF BEEF</td>
<td>27</td>
</tr>
</tbody>
</table>
BROWN SUGAR-GLAZED HAM
BROWN SUGAR-GLAZED HAM
Serves 6

Ingredients:
- 1 (3 lb.) ham, cut in half, boneless
- ¼ cup pineapple juice
- ½ cup brown sugar
- ½ cup mustard
- ½ tsp. ground cloves

Directions:
1. Mix the pineapple juice, brown sugar, mustard, and cloves together in a bowl to create the sauce.
2. Place the Rotisserie Shaft through the center of both ham halves. Secure the Shaft with the Forks.
3. Pour the sauce over the ham and refrigerate for 2 hrs.
4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button (30-min. cooking time) and increase the cooking temperature to 400° F/200° C to begin the cooking cycle.
5. Let the ham rest for 10 mins. before slicing.
BACON-WEAVED
STUFFED TURKEY
Ingredients:

- 1 turkey breast, boneless
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 ½ cups cornbread stuffing, cooked
- 10 slices bacon

Directions:

1. Slice the turkey breast down the middle and open it to butterfly.
2. Make a weave with the bacon on wax paper.
3. Place the butterflied turkey breast over the bacon weave. Season with the salt and ground black pepper.
4. Spoon the stuffing into the center of the turkey. Roll the turkey with the bacon.
5. Tie the ends and middle of the turkey with string.
6. Place the Rotisserie Shaft through the center of the turkey. Secure the Shaft with the Forks.
7. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400° F/200° C and the cooking time to 45 mins. to begin the cooking cycle.
8. Use a meat thermometer to measure the internal temperature of the turkey. The turkey is done when the internal temperature reaches 160° F/70° C.
HERB-ROASTED

TURKEY
HERB-ROASTED TURKEY
Serves 6

Ingredients:
- 2 turkey breasts, trimmed
- 2 sprigs rosemary
- 4 sprigs thyme
- 1 sprig sage
- 4 cloves garlic
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 3 tbsp. olive oil

Directions:
1. Chop the rosemary, thyme, sage, and garlic and mix with the olive oil.
2. Rub the turkey breast with the herb mixture and refrigerate for 1 hr.
3. Fold the turkey in half and place the Rotisserie Shaft through the turkey. Secure the Shaft with the Forks.
4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400° F/200° C and the cooking time to 40 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the turkey. The turkey is done when the internal temperature reaches 160° F/70° C.
6. Let the turkey rest for 10 mins. before slicing.
ROSEMARY LEMON LEG OF LAMB
Serves 6

Ingredients:
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. ground black pepper
- ¼ cup fresh rosemary, chopped
- 1 (4 lb.) boneless leg of lamb

Directions:
1. Combine the lemon juice, olive oil, salt, pepper, and rosemary in a small bowl.
2. Place the Rotisserie Shaft through the lamb. Use twine to secure the meat. Use the Forks to secure the Shaft.
3. Generously brush the lamb with the marinade.
4. Place the Shaft in the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button (30-min. cooking time) and increase the cooking temperature to 400° F/200° C to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the lamb. The lamb is done when the internal temperature reaches 145° F/63° C.
**ROTISSERIE TROUT**

Serves 1

**Ingredients:**
- 8 oz. fresh trout, head & tail removed
- 2 tbsp. fresh mayonnaise
- ½ tsp. Dijon mustard
- 1 clove garlic, minced
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- 4 slices lemons
- 2 sprigs tarragon

**Directions:**
1. Combine the mayonnaise, mustard, garlic, salt, and black pepper in a bowl. Rub the inside of the trout with the mixture.
2. Lay the lemon slices and tarragon inside the trout.
3. Tie the trout in three places with butcher’s twine.
4. Place the Rotisserie Shaft through the trout. Secure the Shaft with the Forks.
5. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button, increase the cooking temperature to 400° F/200° C, and decrease the cooking time to 20 mins. to begin the cooking cycle.
6. Use a meat thermometer to measure the internal temperature of the trout. The trout is done when the internal temperature reaches 145° F/63° C.
7. Let the trout rest before serving.
SOUTHWEST PORK TENDERLOIN
**SOUTHWEST PORK TENDERLOIN**

Serves 4

**Ingredients:**
- 2 pork tenderloins
- 1 tbsp. paprika
- ½ tbsp. cumin
- ½ tbsp. coriander
- 2 tbsp. sriracha sauce
- ½ tbsp. sea salt
- 3 tbsp. brown sugar
- 3 tbsp. lime juice
- 2 cloves garlic, minced

**Directions:**
1. Combine all the ingredients in a bowl.
2. Marinate the tenderloins in the refrigerator for 2 hrs.
3. Place the Rotisserie Shaft through the tenderloins. Tie the tenderloins with butcher's twine. Secure the Shaft with the Forks.
4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button (30-min. cooking time) and increase the cooking temperature to 400°F/200°C to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the tenderloins. The tenderloins are done when the internal temperature reaches 155°F/70°C.
6. Let the tenderloins rest before slicing.


ROTISSERIE SAUSAGE

Serves 2

Ingredients:

4 hot Italian sausage links

Directions:

1. Place the Rotisserie Shaft through the sausage links diagonally. Secure the Shaft with the Forks.

2. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button, increase the cooking temperature to 400°F/200°C, and decrease the cooking time to 20 mins. to begin the cooking cycle.

3. Use a meat thermometer to measure the internal temperature of the sausage. The sausage is done when the internal temperature reaches 165°F/75°C.

4. Let the trout rest before serving.
Ingredients:

- 1 ½ lb. boneless ribs
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. sea salt
- ½ tsp. coriander
- ½ tsp. cumin
- ½ tsp. paprika
- ½ tsp. ground black pepper
- ½ cup BBQ sauce

Directions:

1. Combine the garlic powder, onion powder, sea salt, coriander, cumin, paprika, and ground black pepper in a bowl to make the spice mixture.
2. Rub the ribs with the spice mixture.
3. Place the Rotisserie Shaft through the ribs. Secure the Shaft with the Forks.
4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button, decrease the cooking temperature to 350° F/177° C, and increase the cooking time to 40 mins. to begin the cooking cycle. Halfway through the cooking cycle, brush the ribs with the BBQ sauce.
5. Slice and serve.
CORNISH HENS
CORNISH HENS
Serves 2

Ingredients:
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 tsp. garlic powder
- 1 sprig rosemary, chopped
- 2 Cornish hens

Directions:
1. Mix the salt, ground black pepper, garlic powder, and rosemary together in a small bowl.
2. Rub the spices and herbs generously onto the hens.
3. Place the Rotisserie Shaft through the hens. Secure the Shaft with the Forks.
4. Tuck the wings and tie the wings and legs with twine to keep the hens in place.
5. Place the Shaft in the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400° F/200° C and the cooking time to 35 mins. to begin the cooking cycle.
6. Use a meat thermometer to measure the internal temperature of the hens. The hens are done when the internal temperature reaches 160° F/70° C.
Ingredients:

- ¼ cup olive oil
- 2 tbsp. lemon juice
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 tsp. oregano
- 8 boneless, skinless chicken breasts

Directions:

1. Combine all the ingredients in a sealable plastic bag.
2. Marinate the ingredients in the bag for 20 mins. in the refrigerator.
3. Fold each chicken breast in half. Place the Rotisserie Shaft through the chicken. Secure the Shaft with the Forks.
4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button, increase the cooking temperature to 400° F/200° C, and decrease the cooking time to 25 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the chicken. The chicken is done when the internal temperature reaches 165° F/75° C.
Ingredients:

- 4 lb. whole chicken
- 1 tsp. granulated garlic
- 1 tsp. granulated onion
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 1 tsp. paprika

Directions:

1. Tie the chicken legs together, tie the breast area with a second string, and wrap a third string around the drumsticks.

2. Push the Rotisserie Shaft through the opening in the chicken. Secure the Shaft with the Forks.

3. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400° F/200° C and the cooking time to 45 mins. to begin the cooking cycle.

4. Let the chicken rest for 10–15 mins. before serving.
BOURBON ROTISSERIE

PORK ROAST
BOURBON ROTISSERIE
PORK ROAST
Serves 6

**Ingredients:**
- ½ cup honey
- ½ cup light brown sugar
- 1 orange, zested
- 2 tbsp. fresh orange juice
- ¼ cup bourbon
- ½ tsp. salt
- ½ tsp. ground black pepper
- 4 lb. pork loin roast

**Directions:**
1. Combine the honey, sugar, orange zest and juice, bourbon, salt, and ground black pepper in a small bowl and mix.
2. Place the Rotisserie Shaft through the pork roast. Secure the Shaft with the Forks.
3. Generously brush the marinade onto the pork.
4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400°F/200°C and the cooking time to 45 mins. to begin the cooking cycle. Baste the pork with the marinade every 15 mins. while the pork is cooking.
5. Use a meat thermometer to measure the internal temperature of the pork. The pork is done when the internal temperature reaches 155°F/70°C.
6. Let the pork rest for 15 mins. before slicing.
Ingredients:

- 1 (1 lb.) pork tenderloin, trimmed
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- 4 tbsp. Dijon mustard
- 2 tbsp. parsley, chopped
- 2 tbsp. tarragon, chopped
- 7 slices bacon

Directions:

1. Season the tenderloin with the salt and black pepper.
2. Brush the tenderloin with the mustard and then coat the tenderloin with the herbs.
3. Wrap the bacon around the tenderloin. Tie the bacon around the ends and middle of the tenderloin with butcher’s twine in three places.
4. Place the Rotisserie Shaft through the tenderloin. Secure the Shaft with the Forks.
5. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button (375° F/190° C for 30 mins.) to begin the cooking cycle.
6. Use a meat thermometer to measure the internal temperature of the pork. The pork is done when the internal temperature reaches 155° F/70° C.
7. Let the tenderloin rest for 15 mins. before slicing.
PRIME
RIB ROAST
Serves 6

Ingredients:
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1 tbsp. dried rosemary
- ½ tsp. salt
- ½ tsp. ground black pepper
- 4 lb. boneless rib roast

Directions:
1. Combine the garlic powder, onion powder, smoked paprika, dried rosemary, salt, and ground black pepper in a small bowl to make the spice and herb mixture.
2. Rub the spice and herb mixture onto the roast.
3. Place the Rotisserie Shaft through the roast. Secure the Shaft with the Forks.
4. Place the Shaft in the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400° F/200° C and the cooking time to 45 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the roast. The roast is done when the internal temperature reaches 135° F/60° C.
ROTISERIE

ROAST BEEF
ROTISSERIE
ROAST BEEF
Serves 4

Ingredients:

1 (2 lb.) eye round
3 cloves garlic
2 sprigs thyme
½ tbsp. salt
1 tbsp. onion powder
1 tsp. ground fennel
½ tsp. ground black pepper
2 tbsp. olive oil

Directions:

1. Chop the thyme and garlic. Mix the thyme, garlic, salt, onion powder, ground fennel, ground black pepper, and olive oil together in a bowl to make the herb mixture.

2. Rub the roast with the herb mixture and refrigerate for 1 hr.

3. Place the Rotisserie Shaft through the center of the roast. Secure the Shaft with the Forks.

4. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button and increase the cooking temperature to 400° F/200° C and the cooking time to 45 mins. to begin the cooking cycle.

5. Cook the roast to the desired doneness (use a meat thermometer to measure the internal temperature):
   - Rare: 125° F/50° C
   - Medium rare: 135° F/60° C
   - Medium: 145° F/65° C
   - Well done: 165° F/75° C

6. Let the roast rest for 10 mins. before slicing.
ITALIAN

ROULADE OF BEEF
ITALIAN
ROULADE OF BEEF
Serves 6

Ingredients:
- 1 ½ lb. flank, butterflied
- ¼ cup basil pesto
- ½ lb. provolone, sliced
- 3 roasted red peppers
- 1 tsp. sea salt
- 1 tsp. ground black pepper

Directions:
1. Place the flank on a cutting board and spread the pesto all over it.
2. Layer the cheese and roasted peppers on the flank.
3. Roll the flank up and tie it with string about five times from one end to the other.
4. Season the flank with the salt and ground black pepper.
5. Place the Rotisserie Shaft through the center of the roast. Secure the Shaft with the Forks.
6. Place the Shaft into the Power AirFryer Pro. Press the Power Button and then the Rotisserie Button (30-min. cooking time) and increase the cooking temperature to 400° F/200° C to begin the cooking cycle.
7. Cook the roast to the desired doneness (use a meat thermometer to measure the internal temperature):
   - Rare: 125° F/50° C
   - Medium rare: 135° F/60° C
   - Medium: 145° F/65° C
   - Well done: 165° F/75° C
8. Let the roast rest for 10 mins. before slicing.