

# TE

TODD ENGLISH

1700W 5.3QT  
CERAMIC NON STICK  
AIR FRYER

model number TEAF53





# MEET CHEF ENGLISH

Todd English is a celebrated chef, restaurateur, author, and television personality. He has opened innovative and award-winning restaurants around the globe. Among his numerous accolades from the culinary world, Chef English is a four-time James Beard Foundation Award winner and was named *Bon Appétit's* Restaurateur of the Year. He has authored four critically acclaimed cookbooks, including his most recent, *Cooking In Everyday English*. Chef English has also created the record-breaking housewares line, The Todd English Collection, and hosted the Emmy-nominated PBS travel series Food Trip with Todd English.

Todd English Kitchen is an exceptional range of high-performance countertop appliances. Todd's passion for the creative process results in these products delivering extraordinary blending, cooking, frying, mixing and ease of use. As Todd continues pushing the limits of imagination, his attention to detail and progressive design intrinsically allows endless possibilities that heighten the delicious world that surrounds us.

# CONGRATULATIONS

The Todd English Air Fryer makes cooking quick, convenient and most importantly—healthy. By using rapid hot air convection cooking technologies, the Todd English Air Fryer evenly circulates hot air to cook fresh or frozen foods, giving them the same crunchy bite and moist interiors produced by conventional deep fryers. And food is never submerged in cooking oils or fats while cooking. The Todd English Air Fryer can bake, broil and steam a wide variety of foods, such as meats, vegetables, pizzas and even cakes. Get started with the great recipes that follow—and enjoy!

## TODD ENGLISH AIR FRYER what's included

Air Fryer



Heating Chamber



Cooking Basket



Pizza Pan



Steam/Meat Rack



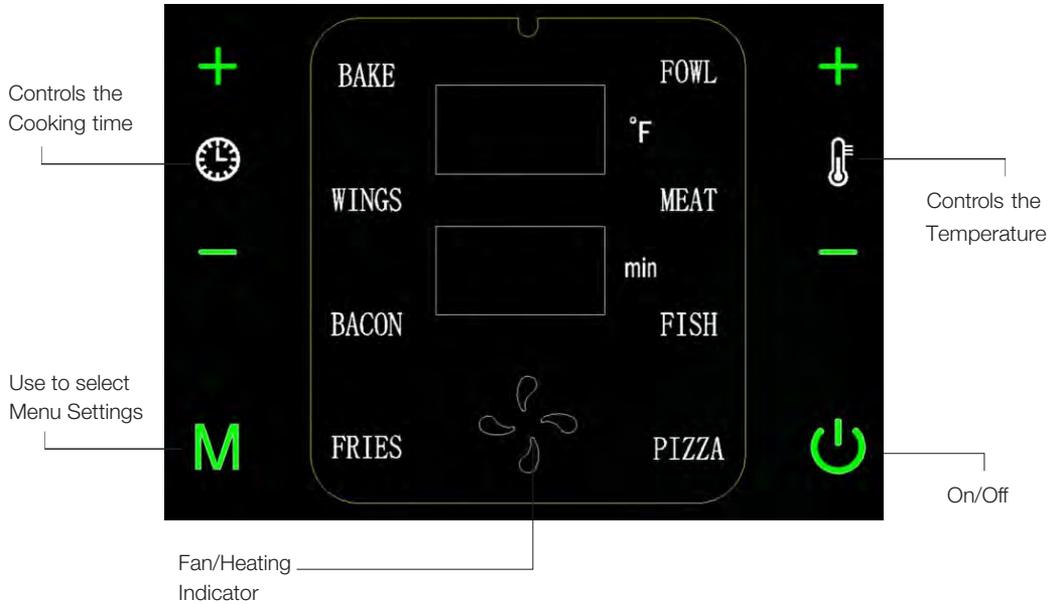
## Separating the basket from the chamber

To remove the cooking basket from the heating chamber, slide the cover at the top of the handle forward to access the release button. Press the release button and lift the cooking basket out of the cooking chamber.



# TODD ENGLISH AIR FRYER

## control panel



There are eight cook settings that you can use with this Air Fryer. Each has a preset time and preset temperature that will appear in the center of the control panel once a cook setting is selected. The display alternates between showing the time and the temperature. To select a setting, press M until the one you plan to use becomes illuminated.

You can use the preset time and temperature, or adjust either to suit your recipe. To increase or decrease the cooking time, press the + or – symbols on the left side of the control panel. To cook using a different temperature, press + or – on the right side of the control panel.

Below are the preset temperatures and times for the eight cook settings.

- Bake 25 minutes at 350°F
- Wings 25 minutes at 400°F
- Bacon 20 minutes at 370°F
- Fries 20 minutes at 400°F
- Fowl 20 minutes at 380°F
- Meat 25 minutes at 390°F
- Fish 25 minutes at 370°F
- Pizza 10 minutes at 350°F

# INSTRUCTIONS FOR USE

1. Remove all packaging materials, sticker, and labels.
2. Clean the basket and pan with hot water, soap and a non-abrasive sponge.
3. Wipe the inside and outside of the appliance with a clean cloth.
4. Place the Air Fryer on a flat and even surface.
5. Place the cooking basket into the heating chamber, then place into the Air Fryer.
6. Plug unit in to a 3-prong grounded wall socket. The On/Off icon will be illuminated.
7. To start the Air Fryer in manual mode, press On/Off. The factory default setting is 15 minutes at 370° F.
  - Time can be adjusted in 1-minute increments by pressing + or – on the left side of the control panel.
  - Temperature setting can be adjusted in 10° increments by pressing + or – on the right side of the control panel.
8. To cook using one of the eight presets, press M until the desired icon is illuminated. Then press On/Off to start the Air Fryer.
9. You can override the current cooking cycle at any time. To do so:
  - Adjust the time by pressing + or – on the left side of the control panel.
  - Adjust the temperature by pressing + or – on the right side of the control panel.
  - Select a different cooking preset by pressing M until the new preset is illuminated.
10. The fan icon will illuminate blue and spin while the Air Fryer is heating during the cooking cycle.
11. In order to shake or add ingredients during the cooking cycle:
  - Remove the cooking basket by the handle. The Air Fryer will automatically shut down.
  - Add ingredients or gently shake basket.
  - Place basket back into the machine. The cooking cycle will resume.
  - See the Cooking Guide for recommended times to add or shake ingredients.
12. Once the cooking cycle is complete, remove the heating chamber with the cooking basket from the Air Fryer and place it on a pot holder. The heating chamber and cooking basket are VERY HOT—do not place on any surface that can burn.

**NOTE:** The fan will continue to run and the unit will beep once the Air Fryer has cooled down.

**NOTE:** Liquids will accumulate in the cooking chamber. Use caution when removing from the Air Fryer.

13. To separate the cooking basket from the heating chamber, slide the cover at the top of the handle forward to access the release button. Press the release button and lift the cooking basket out of the cooking chamber.

The Pizza Pan is included for cooking pizza, and can also be used as a baking tin. Place the pan into the cooking basket, and then put the basket with the pan into the heating chamber.

The Steam/Meat rack is included for steaming or keeping meats off the bottom of the basket. Place the rack into the cooking basket, and then put the basket with the rack into the heating chamber. The rack can also be used with the Pizza Pan, with both placed in the basket.

**NOTE: In order for the Air Fryer to operate, the heating chamber with the cooking basket in it must be secured in the Air Fryer.**

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- Read all instructions.
- Always wait 30 minutes for the appliance to cool down before handling or cleaning.
- Ensure that the appliance is placed on a horizontal, even, and stable surface.
- Leave at least 5 inches of free space around the back, sides, and top of the appliance for a clear air flow.
- Do not use the appliance if there is any damage to the plug, electrical cord or any other parts.
- Do not use the appliance, or plug it in, with wet hands.
- Do not leave the appliance unattended while it is operating.
- Make sure all the ingredients are inside the basket to prevent any contact with the heating elements.
- Do not cover the air inlet or outlets when the appliance is operating.
- Do not place anything on top of the appliance during operation.
- During the cooking cycle, hot air/steam is released through the air outlets. **CAUTION:** Keep your hands and face away from the air/steam outlets as this can cause burns.
- The heating chamber, cooking basket and pizza pan are very hot after use. Always place on pot holder or silicone mat after removing from the Air Fryer.
- The warranty is void if the appliance is used for professional purposes, or it is not used according to instructions.

## CARE AND CLEANING

1. **CLEAN THE AIR FRYER AFTER EVERY USE. UNPLUG THE FRYER AFTER ITS CYCLE HAS ENDED. ALWAYS WAIT AT LEAST 30 MINUTES FOR THE FRYER TO COOL DOWN BEFORE CLEANING.**

**NOTE:** Do not clean the pan, basket, and inside of the appliance with any metal kitchen utensils or abrasive cleaning materials because this may damage the ceramic non-stick coating.

2. Wipe the outside of the fryer with a moist cloth.
3. Clean the heating chamber and cooking basket with hot water, dish detergent, and a non-abrasive sponge.

**NOTE:** The pizza pan and steam/meat rack are dishwasher safe, but hand washing is recommended.

4. Clean the inside of the appliance with a damp (wrung-out), non-abrasive sponge to wipe away any food debris and grease.

**NOTE:** Do not allow even small amounts of water to get inside the appliance.

5. Clean the heating element with a cleaning brush to remove debris.

# TODD'S COOKING TIPS

- Any food that can be cooked in a conventional, convection, microwave or toaster oven can be cooked in your Air Fryer.
- Smaller ingredients usually require a slightly shorter cooking time than larger ingredients.
- Shaking smaller ingredients halfway during the preparation time optimizes the end result and can help prevent unevenly fried ingredients.
- For a crispy surface, spritz vegetable, olive or non-stick oil over ingredients in the basket. Process in the Air Fryer within a few minutes after adding the oil.
- Another method for achieving a crispy texture is to add a small amount of oil (3–4 tbsp.) to the heating chamber. Never overfill, as this will damage the Air Fryer. **Use caution** when removing the heating chamber from the unit, as ingredients and oil will be very hot.
- A small amount of liquid (3–4 tbsp.) can be added to the pan for steaming food. Never overfill, as this will damage the Air Fryer. **Use caution when removing the pan** from the unit, as ingredients—and any remaining steam or water—will be very hot.
- Snacks that can be prepared in an oven can also be prepared in the Air Fryer.
- Place a glass, silicone or metal oven-safe dish in the Air Fryer basket when baking a cake or quiche, or frying fragile or filled ingredients.
- You can also use the Air Fryer to reheat ingredients by setting the temperature to 300°F for up to 10 minutes.
- Frozen foods, such as fries, chicken nuggets and fish sticks can be prepared by following the Cooking Chart on the following pages.

# COOKING CHART

This table will help you select the basic settings for your ingredients, and what to do during the cooking cycle. **NOTE:** Settings are indications only. Since ingredients differ in origin, size, shape and brand, we cannot guarantee the best setting for your ingredients.

ingredient	quantity	temp °F	time minutes	additional information
<b>french fries</b>				
french fries—fresh	2 cups	400	15	toss with oil; shake 2 times
french fries, crinkle cut or thick— frozen	2 cups	400	15–20	spritz with oil; shake 2 times
french fries, thin— frozen	2 cups	400	10	spritz with oil; shake 2 times
sweet potato fries— fresh	2 cups	400	14	toss with oil; shake 2 times
sweet potato fries— frozen	2 cups	400	12–14	spritz with oil; shake 2 times
tater tots—frozen	2 cups	400	12	shake 2 times
<b>vegetables</b>				
cauliflower—roasted	1 head	350	15	rub with oil and seasoning; add 1 cup of water in the heating chamber
eggplant and zucchini— roasted	1–2 cups	350	15	toss in oil and seasoning; shake 2 times
green beans	2 cups	350	12	shake 2 times
peppers, small— roasted	6 peppers	400	12	shake 2 times
roma tomatoes, halved	6 halves	350	10	toss in oil with salt
spring rolls, frozen	4 rolls	400	8–10	spritz with oil; shake once
tomatoes, small— roasted	1 pint	370	10–12	toss in oil; Shake 2 times
<b>meat &amp; poultry</b>				
baby back pork ribs	½ slab	360	30	rub with oil and seasoning; stand in basket

ingredient	quantity	temp °F	time minutes	additional information
<b>meat &amp; poultry</b>				
bone-in fried Chicken— fresh	4 pieces	370	25	spritz with oil; turn halfway through
chicken—frozen fried	4 pieces	370	20	turn halfway through
chicken nuggets—fresh	12 pieces	400	10	spritz with oil; shake 2 times
chicken nuggets— frozen	2 cups	400	12	shake 2 times
chicken tenders—fresh	6 pieces	380	10	spritz with oil; turn halfway through
chicken tenders— frozen	6 pieces	400	12	turn halfway through
chicken wings—frozen pre-cooked	12 wings	400	20	shake 2 times
chicken wings—fresh	12 wings	400	25	toss with oil and season; shake 2 times
fish filet, fresh	4 ounces	370	10	spritz with oil; turn halfway through
fish fingers—fresh	6 pieces	400	8–10	spritz with oil; turn halfway through
fish fingers—frozen	8 pieces	400	10–12	shake 2 times
hamburger	4 4-ounce patties	360	7–14	turn halfway through
hot dogs/sausages	6–10 links	380	10–14	turn halfway through
pork chops	4 chops, 4–6 ounces each	350	14–18	rub with oil and seasoning; turn halfway through
rack of lamb	6 ribs	350	15–20	rub with oil and seasoning
steak	4 steaks, 4–6-ounces each	360	8–12	rub with oil and salt; turn halfway through; use grill rack
<b>sandwiches &amp; dairy</b>				
cheese sticks—frozen	8 pieces	400	8	shake once
sandwich	2	370	10–15	place on rack; turn halfway through



# TODD ENGLISH AIR FRYER

## recipes

### Potato / Sweet Potato Fries

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#### serves 6

- 2 Idaho or sweet potatoes
- 2 tablespoons grapeseed oil
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon grated Parmesan
- 1 teaspoon finely chopped fresh rosemary

1. Cut 2 peeled or unpeeled potatoes into ¼-inch pieces.
2. Soak in ice water for 1 hour and strain, washing off all starch.
3. Bake in Air Fryer for 15 minutes on the FRIES setting.
4. Take potatoes out of Air Fryer and let cool for 10 minutes at room temperature.
5. Toss with grapeseed oil, salt, paprika, parmesan and rosemary and place back into Air Fryer. Cook on FRIES setting for another 15 minutes.

### Kale Chips

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#### serves 2

- 1 bundle kale
- 2 tablespoons olive oil
- 1 teaspoon sea salt

1. Trim the kale leaves by cutting off the stems. Rinse well and pat dry.
2. Place kale leaves in a large bowl and toss well with olive oil and salt.
3. Place kale leaves in Air Fryer basket.
4. Set temperature to 400 degrees and time to 10 minutes.
5. Shake basket at least once during the cooking process.

# Risotto Tater Tots

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**serves 4**

- 1 shallot
- 1 tablespoon unsalted butter
- 1 cup arborio rice
- ¼ cup white wine
- 3 cups vegetable stock
- 1 teaspoon kosher salt
- 1 teaspoon white pepper
- 3 tablespoons Parmesan, grated
- 2 tablespoons parsley, finely chopped
- 1 cup all-purpose flour
- 2 eggs
- 4 tablespoons whole milk
- 1 cup panko crumbs

1. Mince shallot and slowly sweat in a pot with butter.
2. Add arborio rice and stir so that all the rice is coated and lightly toasted.
3. Add white wine and continue to stir. As wine reduces and absorbs into the rice, slowly add vegetable stock a little at a time. Continue doing this until rice is fully cooked. Rice should be creamy, tender and runs off the spoon.
4. Add salt and white pepper to taste and fold in parmesan cheese and parsley. Place on a tray or plate to cool.
5. Form risotto into small barrel shapes with your hands and toss in flour seasoned with salt and white pepper.
6. Whisk eggs and whole milk together and drop risotto barrels into the mixture, then immediately take out and toss in panko crumbs. Make sure the tots are evenly covered.
7. Slightly cool in fridge before spraying them with oil spray.
8. Cook in Air Fryer for 25 minutes at 350° F.

# Air Fried Potato Skins

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## serves 2

- 2 medium Yukon Gold potatoes
- ½ teaspoon olive oil
- ¼ teaspoon sea salt
- 4 strips bacon
- non-stick cooking spray
- ¼ cup cheddar cheese, shredded
- ⅓ cup sour cream
- 2 green onions, chopped fine

1. Scrub potatoes and rub with olive oil and sprinkle well with salt.
2. Place potatoes in Air Fryer, and set temperature to 400 degrees and time for 35 minutes.
3. Remove the potatoes and place bacon strips in basket. Set temperature to 400 degrees and time for 5 minutes. When bacon is crisp, golden brown and cooked through, remove the fry basket and let bacon cool. (Depending on the type of bacon, the time can vary by a minute or two.)
4. Cut potatoes in half horizontally and scoop out most of the potato.
5. Place the potato skins, skin side up in Air Fryer basket and spritz with oil.
6. Set temperature to 400 degrees and set time for 3 minutes.
7. Remove basket, then turn over and fill each potato with cheddar cheese and crumble bacon equally between each potato.
8. Place skins back in Air Fryer basket, set temperature to 400, set time for 2 minutes, or until cheese is melted.
9. Serve with a dab of sour cream and a sprinkle of green onion.

# Easy Bake Mac 'n' Cheese

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**serves 2–3**

- non-stick cooking spray
- 1½ cups elbow macaroni
- 1 cup chicken broth
- ½ cup heavy cream
- ¾ cup shredded cheddar cheese
- ½ cup shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese
- ¼ teaspoon kosher salt, or to taste
- ¼ teaspoon fresh ground pepper

1. Spray the pizza pan with non-stick spray.
2. Combine all ingredients and pour into pan.
3. Place pan in the basket, then put the basket and heating chamber into the Air Fryer.
4. Select the BAKE setting. Press On/Off.
5. When cook time is complete, mac and cheese will be bubbling and golden brown. Gently stir before serving.

# Bacon Wrapped Dates with Maytag Blue Cheese

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**yields 10**

- 10 pitted dates, preferably Medjool
- ¼ pound Maytag blue cheese, cut into 10 pieces
- 4 strips of bacon, cut into 3 equal pieces
- 1 teaspoon Cajun seasoning

1. Stuff each date with blue cheese.
2. Wrap each date with a piece of bacon and secure with a toothpick.
3. Place the dates in the basket and then put the basket and heating chamber into the Air Fryer.
4. Set temperature to 400° F and time for 10 minutes. Press On/Off.
6. Once cooking is complete, remove dates from basket and sprinkle with Cajun seasoning.

# Jalepeño & Chorizo Poppers

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**yields 16 pieces**

- 8 jalapeños
- 4 ounces chorizo
- ½ cup cheddar cheese
- 2 ounces cream cheese, softened
- 2 tablespoons cilantro, finely chopped
- 2 large eggs
- 1 cup all-purpose flour
- ¼ cup corn starch
- 1 teaspoon onion powder
- 1 cup panko bread crumbs

1. Slice jalapeños in half lengthwise and scrape seeds out with a small spoon, making sure to discard the white vein.
2. Mince chorizo and add to cheddar, cream cheese, and cilantro. Mix in a bowl until fully incorporated.
3. Fill halved jalapeños with cheese and chorizo mix, making sure the stuffing is packed in tight.
4. In a bowl, beat eggs to make a simple egg wash; lightly season with salt.
5. In a separate bowl mix flour, corn starch, salt and onion powder.
6. Fill a third bowl with lightly salted panko bread crumbs.
7. Make a breading station, alternately dipping the jalapenos in the flour mix, egg wash and then panko—in that order.
8. Place finished product in the Air Fryer and cook at 400° F for 20 minutes. Recipe will yield 2 separate batches.

# Rueben Stuffed Mushroom Caps

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**serves 2–4**

- 12 jumbo mushrooms, cleaned, stems removed,  
and bottoms trimmed to sit flat
- non-stick cooking spray
- sea salt
- ½ pound corned beef, or pastrami
- ¼ pound Swiss cheese
- ¼ cup whipped cream cheese
- 2 tablespoons Thousand Island dressing
- 2 tablespoons sauerkraut
- ¼ cup seasoned panko bread crumbs

1. Place mushrooms in Air Fryer basket, spray with oil and sprinkle with salt.
2. Set temperature to 400 degrees and time to 3 minutes.
3. Place remaining ingredients—except panko—into food processor fitted with a metal blade and pulse to combine.
4. Pat the insides of the mushrooms dry, then fill with the Rueben mixture and sprinkle with panko crumbs.
5. Place filled mushrooms back in the Air Fryer basket.
6. Set temperature to 400 degrees and time to 5 minutes.

# Buffalo Chicken Stuffed Jalapeños Wrapped in Bacon

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**serves 4**

8 jalapeño peppers  
¼ cup Buffalo Chicken Dip (page 46)  
8 slices Applewood-smoked bacon

1. Lay jalapeños in Air Fryer basket.
2. Set temperature for 400 degrees and time for 5 minutes.
3. After the timer goes off, use tongs to turn all the peppers over. Set timer for an additional 5 minutes.
4. When cooking is complete, place peppers into a small brown paper bag and close tightly.
5. After 5 minutes of cooling, wearing latex gloves, scrape out the seeds and peel off the skins of the jalapeños. Rinse and place on a paper towel to dry.
6. Fill each jalapeño with Buffalo Chicken Dip, and wrap each pepper with a slice of bacon.
7. Place jalapeños back into the Air Fryer basket.
8. Set temperature to 400 degrees and time for 5 minutes.
9. After timer goes off, use tongs to turn over the peppers. Set temperature to 400 degrees and time for 5 minutes, or until bacon is golden brown.
10. Let peppers cool for at least 5 minutes before serving.

# Fried Mac and Cheese Balls

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**serves 6**

- 1 pound elbow macaroni
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 2 cups cream, warmed, plus 2 tablespoons for egg wash
- 1 pound grated Cheddar cheese
- ½ pound shredded mozzarella
- ½ pound Parmesan cheese
- salt and freshly ground black pepper
- 2 large eggs
- 3 cups seasoned panko bread crumbs
- non-stick cooking spray

1. Cook the macaroni according to package instructions.
2. Drain and rinse with cold water to stop the cooking. Drain again, pour into a large bowl, and set aside.
3. In a saucepan, melt the butter over medium heat. Sprinkle flour into the butter and stir it with a whisk. Cook for 2 minutes.
4. Whisk the warmed cream into the flour mixture, working out any lumps. Cook until the sauce thickens, about 2 minutes.
5. Remove from the heat, add the cheeses, and stir until melted and smooth; season with salt and pepper.
6. Fold the cheese sauce into macaroni until blended.
7. Pour the mac and cheese into a shallow pan and refrigerate until cold, at least 2 hours.
8. Shape the cold mac and cheese into meatball-sized balls and place them onto a waxed paper-lined tray. Freeze the balls overnight.
9. Beat the eggs and 2 tablespoons cream together to form an egg wash and pour into a shallow bowl. Put the bread crumbs into another shallow bowl.
10. Remove the mac and cheese balls from the freezer. Dip the frozen balls into the egg wash then into the panko breadcrumbs. Put the balls back into the freezer until you are ready to air-fry.
11. Place mac and cheese balls in the Air Fryer basket. Spritz with spray oil.
12. Set the temperature to 400 degrees and the time to 8 minutes. Cook until golden brown.

# Cheese Sticks

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**serves 4–6**

- 12 strings from 1 package part-skim mozzarella string cheese
- ¼ cup instant flour
- 2 large eggs, beaten
- 2 cups Italian seasoned bread crumbs
- ¼ cup grated Parmesan cheese
- olive oil spray
- marinara sauce for dipping

1. Open the package of string cheese and separate the cheese sticks and freeze them for two hours.
2. Place the instant flour in a large plastic bag, the beaten egg in a medium-size bowl, and mix the bread crumbs with the parmesan and place in a shallow dish or pie pan.
3. When string cheese is frozen, shake the cheese in the bag of flour, then dip into the beaten egg, then press in the crumbs
4. Place about 6 cheese sticks evenly in the basket, do not overcrowd.
5. Put the basket and heating chamber into the Air Fryer.
6. Set the temperature to 400° F and the time for 7 minutes. Press On/Off.
7. After 3 minutes, carefully flip each cheese stick.
8. Remove and repeat with the remaining cheese sticks.
9. Serve with marinara dipping sauce.

# Fried Green Tomatoes

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## serves 2

- 2 large green tomatoes
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup instant flour
- 1 cup buttermilk
- 1 cup panko bread crumbs
- ½ tablespoon Creole seasoning
- non-stick cooking spray

1. Cut the tomatoes into ¼-inch thick slices and season both sides evenly with salt and pepper.
2. Place the flour in a shallow dish, and put the buttermilk in a shallow dish or pie pan.
3. Mix the panko crumbs with Creole seasoning in another dish.
4. Dredge each tomato slice in the flour, then dip it in the buttermilk, and finally press in the panko mixture on both sides.
5. Place the rack in the Air Fryer basket.
6. Place 3 tomatoes evenly on the rack without overcrowding, and spritz with non-stick spray.
7. Put the basket with rack into heating chamber, then put them into the Air Fryer.
8. Set temperature to 400° F and time for 5 minutes. Press On/Off.
9. Once cooking is complete, remove. Repeat with remaining slices.
10. Serve with ranch dressing mixed with some of the creole seasoning.

# Candied Grape Tomatoes

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## serves 2

- 1 pint grape tomatoes
- ¼ cup olive oil
- 1 teaspoon sea salt
- 1 sprig thyme, leaves removed
- ½ teaspoon garlic powder

1. Slice each tomato in half, then toss in a bowl with oil, salt, thyme, and garlic powder. Let rest for at least 5 minutes.
2. Place all tomato halves in the Air Fryer basket, seed side up.
3. Set temperature to 400 degrees and time for 10 minutes.
4. Serve tossed with pasta and pesto.

# Crunchy Eggplant Fries

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## serves 2

- 1 large eggplant
- 1 large egg, beaten
- 2 tablespoons milk
- 2 cups seasoned panko bread crumbs
- ½ cup shredded Italian cheese blend
- non-stick cooking spray
- marinara for dipping

1. Peel the eggplant and slice lengthwise into ½-inch slices. Then cut them into quarter-inch strips.
2. In a shallow glass or baking dish, beat egg and milk together.
3. In another dish combine panko and cheese.
4. Dip each piece of eggplant in egg mixture then press into panko mixture, coat both sides well.
5. Place an even layer of eggplant in the basket, do not overcrowd, and spritz with non-stick spray.
6. Put the basket and heating chamber into the Air Fryer.
7. Set temperature to 400° F and set the time for 5 minutes. Press On/Off.
8. Once cooking is complete, remove. Repeat with remaining eggplant.
9. Serve warm with marinara sauce for dipping.

# Crunchy Onion Rings

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**serves 4**

1 large sweet onion, sliced very thin  
large bowl ice water  
1 cup self-rising flour  
1 teaspoon salt  
½ teaspoon pepper  
1 teaspoon paprika  
½ teaspoon garlic powder  
non-stick cooking spray

1. Soak the onions in the ice water for at least 10 minutes.
2. In a large bowl, mix the flour with salt, pepper, paprika and garlic powder.
3. Using a pair of chefs tongs, remove the onions from the ice water and toss in the seasoned flour. Shake off all excess flour.
4. Place an even row of onions in the basket, do not overcrowd, and spritz with non-stick spray.
5. Put the basket and cooking chamber into the Air Fryer.
6. Set temperature to 400° F and the time for 7 minutes. Press On/Off.
7. Shake several times during the cooking process. Once cooking is complete, remove. Repeat with remaining onions.

# Fair Fries

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## serves 2

- 1 large russet potato, washed and peeled
- 1 tablespoon canola oil
- ½ teaspoon sea salt
- ¼ teaspoon sugar
- ¼ teaspoon pepper

1. Cut potato into ¼-inch matchsticks.
2. In a shallow baking dish, toss the potatoes with oil, salt, sugar, and pepper.
3. Place fries evenly in the basket—do not overcrowd.
4. Put the basket and heating chamber into the Air Fryer.
5. Select the FRIES setting. Press On/Off.
6. After 10 minutes, remove the basket and shake fries.
7. Return basket to Air Fryer and allow cycle to finish.
8. Once cooking is complete, remove. Repeat with remaining fries.
9. Sprinkle with a bit more salt and allow to cool slightly.
10. Serve warm with ketchup or malt vinegar.

# Crusty Potato Wedges

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## serves 4

- 1 teaspoon garlic powder
- ½ tablespoon dried rosemary
- ½ teaspoon pepper
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 teaspoon dried thyme
- 2 medium potatoes, cut into wedges
- 1 large egg, beaten
- ¼ cup Parmesan cheese, grated
- non-stick cooking spray

1. In a bowl, mix together garlic powder, rosemary, pepper, salt, paprika, thyme and Parmesan cheese.
2. Toss the potato wedges in the egg, then toss in the spice and cheese mixture.
3. Place the wedges in the AIR FRYER basket. Spray them with oil.
4. Set the temperature to 400 degrees and the time for 20 minutes.
5. Shake the basket at least 2 times during the cooking process.

# Parmesan Spring Roll Chips

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## serves 2

- 4 spring roll sheets (or 1 fresh pasta sheet)
- ¼ cup olive oil
- ¼ teaspoon sea salt
- 2 tablespoons granulated garlic
- 1 tablespoon Italian seasoning
- ½ cup Parmesan cheese, grated

1. Place the spring roll sheets on a cutting board dusted with flour.
2. Cut into in to 8 equal squares.
3. In a bowl, mix olive oil, salt, garlic and Italian seasoning.
4. Brush the olive oil mixture on each of the squares and sprinkle with parmesan cheese.
5. Arrange 4 sqares at a time in the Air Fryer basket.
6. Set temperature to 400 degrees and time for 2 minutes; bake until golden brown.
7. Cool on a wire rack, repeat with the remaining squares.

## Tuscan Style Potato Wedges

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### serves 4

- ½ cup extra-virgin olive oil
- 4 Yukon Gold potatoes, or fingerlings, cut into wedges
- 3 cloves garlic
- 1 sprig rosemary, leaves removed and chopped
- 1 teaspoon sea salt
- 1 teaspoon lemon juice
- ¼ teaspoon cayenne pepper

1. Place all the ingredients in a large bowl and let marinate for 20 minutes, tossing occasionally.
2. Place half of the potato wedges into the Air Fryer basket.
3. Set temperature to 400 degrees and time to 12 minutes. Optional: After 9 minutes, using tongs, toss the potatoes around.
4. Repeat with remaining potatoes.
5. Serve with your favorite aoli.

# Personal Pizzas

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## **makes 4 pizzas**

- 1 can premade pizza crust
- ½ cup homemade or store-bought pizza sauce
- ½ cup shredded mozzarella
- ¼ cup grated parmesan cheese
- 1 tablespoon olive oil
- dried oregano
- garlic powder

## **toppings**

pepperoni, crumbled sausage or meatballs, ham, pineapple, peppers, etc.

1. Slice the pizza dough into 4 even sections.
2. Roll each section into a ball.
3. Rub the dough balls with olive oil.
4. Stretch one dough ball into the pizza pan.
5. Spoon on ¼ of the sauce. Do not over-sauce.
6. Sprinkle on a couple tablespoons of mozzarella.
7. Sprinkle on a tablespoon of parmesan.
8. Sprinkle with oregano and garlic powder to taste.
9. Add toppings.
10. Place rack in the Air Fryer basket.
11. Place pizza pan on the rack. Put the basket into the heating chamber, then put into the Air Fryer.
12. Set temperature to 370° F and the time for 6 minutes. Press On/Off.
13. When cook time is complete, slide onto cutting board and cut into 4 slices.
14. Repeat with the remaining dough.

# Pizza Rolls

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**serves 4–6**

- 2 cups whole milk mozzarella, shredded
- ½ pound Italian sausage, approximately two, cooked and crumbled
- 3 ounces sliced pepperoni, chopped
- 2 roasted red peppers, chopped
- 1 small onion, minced
- 14-ounce jar pizza sauce
- 1 teaspoon garlic powder
- 15 eggroll wrappers
- non-stick cooking spray

1. In a large bowl, combine the cheese, sausage, pepperoni, peppers and onions.
2. Add the pizza sauce and garlic powder. Mix well.
3. Lay a wrapper on a flat surface, with a corner pointing toward you.
4. Place ¼ cup of filling in the center of each wrapper.
5. Fold the point of the wrapper facing you over the pizza filling, and fold the two sides into the center.
6. Moisten the remaining point, fold over, and roll tightly.
7. Repeat with the remaining eggroll wrappers.
8. Place in freezer-safe container and freeze for 24 hours.
9. Place 5 rolls in the basket, do not overcrowd, and spritz with non-stick spray.
10. Put the basket and heating chamber into the Air Fryer.
11. Set temperature to 400° F and time for 7 minutes. Press On/Off.
12. After 7 minutes, flip pizza rolls over and cook for an additional 2 minutes at 400° F.
13. Once cooking is complete, remove. Repeat with remaining rolls.
14. Serve with additional pizza sauce for dipping.



# Asian Style Baby Back Ribs

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## serves 2

- 1 slab baby back ribs
- 1 teaspoon ginger, grated
  - 1 scallion, minced
- ½ tablespoon cilantro, chopped
  - 1 small jalapeño, seeded and chopped
  - 1 garlic clove, minced
- 1 cup orange juice
- 2 tablespoons sesame oil

1. Place all ingredients in a jumbo zip plastic bag and marinate overnight.
2. Stand the ribs vertically in the fry basket, reserving the marinade.
3. Put the basket and heating chamber into the Air Fryer.
4. Select the MEAT setting. Press On/Off.
5. While the ribs are cooking, place the marinade in a sauce pan. Cook over medium high until reduced by half, approximately five minutes.
6. When cook time is complete, brush the ribs with the marinade.
7. Select the MEAT setting. Press On/Off.
8. Cut ribs apart and serve with marinade on the side for dipping.

# Easy Apricot Cranberry Stuffed Fried Pork Chops

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## serves 2

- 1 box cornbread stuffing mix
- 2 tablespoons butter
  - 6 dried apricots, chopped
- 2 tablespoons dried cranberries (or raisins)
- ½ cup chicken stock (or water)
- 1 teaspoon poultry seasoning
- ¼ cup instant flour
  - 1 large egg, beaten
  - 2 6-ounce boneless pork chops, butterflied
- salt and pepper, to taste

1. Divide the contents of stuffing mix in two. Place half the cornbread crumbs and seasoning in the bowl of a food processor fitted with a metal blade. Process the cornbread to a fine crumb. Set aside the other half of cornbread mix.
2. Heat butter in a saucepan over medium heat. When butter is melted, add the dried fruits and heat until they begin to swell. Add the chicken stock and remaining unprocessed cornbread crumbs to the saucepan. Sprinkle in the poultry seasoning. When all the liquid has been absorbed, remove from the heat.
3. Place the flour in a large plastic bag. Place the egg in a shallow dish. Put the fine cornbread crumbs in a pie plate or shallow baking dish.
4. Season the pork chops inside and out with salt and pepper, then place the pork chops in the bag with flour and shake well to evenly coat.
5. Stuff each pork chop with stuffing, then dip in the egg mixture and press in the cornbread crumbs to evenly cover.
6. Place pork chops in Air Fryer basket.
7. Set temperature to 370 degrees and time to 20 minutes.

# Tomato Caprese Stuffed Burgers

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## serves 2

- 1 pound ground chuck, divided into 4 equal balls
- ½ teaspoon steak seasoning
- 4 grape tomatoes, diced
- 1¼-inch slice fresh mozzarella, or 4 ovolini (egg-size) balls,  
broken into small pieces
- 4 leaves basil chiffonade
- ¼ teaspoon balsamic vinegar

1. Press each ball of ground beef into ½-inch thick burgers.
2. In a small bowl, toss the remaining ingredients.
3. Divide the tomato mixture and place half on the center of two burgers.
4. Top the tomato mixture with the remaining burgers and press to seal.
5. Place burgers in the Air Fryer basket.
6. Set temperature to 370 degrees and time to 12 minutes for a perfect medium.

# Sesame Encrusted Ahi Tuna with Hoisin Sauce

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## serves 2

- ¼ cup sesame seeds
- 1 tablespoon black sesame seeds
- ½ teaspoon salt
- ¼ teaspoon pepper, freshly ground
- 1 egg white, beaten
- 2 6-ounce ahi tuna steaks, approximately 1½-inches thick

## sauce

- ¼ cup Hoisin sauce
- juice of 2 limes
- 2 tablespoons rice wine vinegar
- 2 tablespoon low sodium soy sauce
- 1 tablespoon honey, or agave nectar
- ¼ teaspoon ground white pepper

1. Prepare the sauce by whisking together all the ingredients. Set aside.
2. In a shallow baking dish, combine the sesame seeds, salt and pepper.
3. Place the egg white in a bowl.
4. Dip each tuna steak in the egg white, then press in the sesame seeds to completely coat.
5. Place each tuna steak in the Air Fryer basket.
6. Set temperature to 400 degrees and time for 3 minutes.
7. Turn the tuna steaks and cook for an additional 3 minutes.
8. Serve sliced with sauce on the side.

## Escarole Stuffed Trout

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### serves 2

- 1 cup chopped escarole
- 2 finely sliced shallots
- ½ teaspoon lemon juice
- 1 teaspoon extra virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 whole trout, 8–10 ounces, boneless

1. In a bowl toss escarole, shallots, lemon juice, olive oil and season with salt and pepper.
2. Stuff deboned trout cavities with escarole mix and close with toothpicks or a skewer.
3. Lightly season trout with salt and pepper.
4. Place in Air Fryer and cook on FISH setting at 330° F for 20 minutes.
5. Serve with rice, cous cous, or grain salad and a lemon wedge.

## Steamed Salmon with Spinach and Pesto

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### serves 1

- non-stick cooking spray
- ½ cup baby spinach leaves
- juice from a whole lemon
- 4-ounce salmon filet
- 1 tablespoon pesto

1. Spray the pizza pan with non-stick spray.
2. Toss the spinach with the lemon juice then place in the pizza pan.
3. Place the salmon filet on the spinach.
4. Wrap the pan with aluminum foil
5. Place the rack in the air fryer basket.
6. Place the pizza pan on the rack.
7. Select the FISH setting. Press On/Off.
8. When cook time is complete, plate the spinach and salmon and drizzle with pesto.

# Cod Fingers

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## serves 4

- 1 cup instant flour
- 1 teaspoon seafood seasoning
- 2 large eggs
- 2 tablespoons milk
- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 1 teaspoon salt
- 1 pound cod, cut into 2 inch strips
- non-stick cooking spray

1. Place instant flour and seafood seasoning in a large zip bag.
2. In a shallow glass baking dish, beat together egg and milk.
3. In another dish combine flour, cornmeal and salt.
4. Shake the cod in the bag with flour and seasoning mix.
5. Dip each piece of cod in the egg mixture then press into cornmeal mixture, coat well.
6. Place two cod fingers in the basket and spritz with oil.
7. Put the basket and heating chamber into the Air Fryer.
8. Set temperature to 400° F and the time for 10 minutes. Press On/Off.
9. Once cooking is complete, remove. Repeat with remaining fish.
10. Serve warm with lemon and tartar sauce.

# Fish with Chips

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**serves 2**

- 1 6-ounce cod fillet
- ¼ cup buttermilk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 cups kettle cooked chips, salt and vinegar flavor

1. Soak the cod in the buttermilk with the salt and pepper for 5 minutes.
2. Crush the chips in a food processor and place in a shallow baking dish.
3. Remove the fillet from the buttermilk and press firmly in the potato chips.
4. Place the coated fish fillet in the Air Fryer basket.
5. Set temperature for 400 degrees and the time for 12 minutes.

# Banging Shrimp

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## serves 4

- ½ cup milk
- 1 large egg, beaten
- 2 tablespoons cornstarch
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon sugar
- ½ teaspoon Sriracha
- 1 pound jumbo shrimp, peeled and deveined
- ½ cup panko crumbs
- non-stick cooking spray

## dipping sauce

- ¼ cup mayonnaise
- 1 tablespoon ketchup
- 1 teaspoon sriracha

1. In a shallow glass baking dish, mix together all ingredients except panko crumbs, shrimp and non-stick spray.
2. Place panko bread crumbs in another shallow glass baking dish.
3. Dip each shrimp in batter then dip into panko to coat.
4. Place six shrimp in the basket and spritz with non-stick spray.
5. Put the basket and heating chamber into the Air Fryer.
6. Set temperature to 400° F and time for 10 minutes. Press On/Off.
7. Once cooking is complete, remove. Repeat with remaining shrimp.
8. Mix the ingredients for the sauce in a large bowl.
9. Toss the cooked shrimp with the sauce and serve shrimp on a platter of shredded lettuce.

# Cajun Style Fried Shrimp

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## serves 2-4

- ½ pound large shrimp, peeled and deveined
- 1 egg
- 1 teaspoon salt
- 1 teaspoon cayenne
- ½ teaspoon garlic powder
- ¼ teaspoon dried leaf thyme
- ¼ teaspoon dried oregano
- ⅛ teaspoon pepper
- ½ cup all-purpose flour
- ¾–1 cup cornmeal
- non-stick cooking spray

1. Rinse the shrimp under cold water. Pat dry with paper towels.
2. In a medium bowl, beat the egg with the salt, cayenne, garlic powder, thyme, oregano and black pepper until frothy.
3. On separate sheets of wax paper, place the flour and cornmeal.
4. Dredge the shrimp in the flour.
5. Using a fork, dip the shrimp into the seasoned egg mixture and coat in the cornmeal.
6. Place the shrimp on a wire rack set over a baking sheet. Repeat until all shrimp are coated.
7. Place 6 shrimp in the basket and spritz with oil.
8. Put the basket and cooking chamber into the Air Fryer.
9. Set temperature to 400° F and time for 10 minutes. Press On/Off.
10. Once cooking is complete, remove. Repeat with remaining shrimp.

# Crab Cakes

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**serves 2–4**

- 1 tablespoon olive oil
  - 1 small onion, minced
  - 1 stalk celery, minced
  - 1 small red pepper, minced
- 2 tablespoons butter
- ½ teaspoon crab seasoning
- 2 tablespoons heavy cream
- 1 teaspoon lemon juice
- 1 teaspoon Cayenne pepper sauce
- 1 teaspoon Worcestershire sauce
- 8 ounces lump crab meat
  - 1 large egg, beaten
- 1 cup panko crumbs
- non-stick cooking spray

## **dipping sauce**

- 1 tablespoon mayonnaise
- 1 teaspoon spicy mustard
- 1 teaspoon ketchup

1. Heat a sauté pan over medium-high heat, add olive oil and heat for 1 minute.
2. Add the onion and celery and cook until light brown, about 2 minutes. Add the red pepper and cook 1 minute longer.
3. Add in the butter, crab seasoning, and heavy cream and cook to reduce by half—about 3 minutes.
4. Scrape all the ingredients from the sauté pan into a bowl and chill for 10 minutes.
5. Add remaining ingredients—except panko—to the bowl. Mix ingredients by hand.
6. Place panko crumbs in a shallow glass baking dish.
7. Form ¼ cup of mixture into a patty and press into panko, covering both sides. Repeat with remaining patties.
8. Place two crab cakes in the basket and spritz with oil.
9. Put the basket and heating chamber into the Air Fryer.

10. Set temperature to 400° F and time for 8 minutes. Press On/Off.
11. Once cooking is complete, remove. Repeat with remaining crab cakes. Serve warm.
12. For the dipping sauce, blend together all ingredients.

## Crab Rangoons

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**serves 4–6**

- 4 ounces cream cheese
- 12 fresh chives, finely chopped
- ½ teaspoon soy sauce
- ½ teaspoon hot sauce
- 8 ounces crab meat
- 1 package wonton skins
- non-stick cooking spray

### dipping sauce

- ¼ cup raspberry preserves
- 1 tablespoon sweet chili sauce
- 1 teaspoon soy sauce

1. Place the cream cheese in the bowl of a food processor. Add the chives, soy sauce and hot sauce and purée.
2. Add the crabmeat and fold in gently by hand.
3. Place one teaspoon of crab mixture in the center of each wonton skin.
4. Moisten the edges with water and fold the wonton in half to form a triangle. Press edges to seal.
5. Repeat with remaining crab mixture and wonton wrappers.
6. Place 6 rangoons in the basket and spritz with oil.
7. Put the basket and heating chamber into the Air Fryer.
8. Set temperature to 400° F and the time to 8 minutes. Press On/Off.
9. Once cooking is complete, remove. Rangoons should be golden brown—if not, cook an additional 2 minutes at 400° F. Repeat with remaining rangoons.
10. Make the dipping sauce by combining the raspberry preserves with the sweet chili sauce and soy sauce.

# Crab Stuffed Sea Scallops

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**serves 2–4**

- ½ cup instant flour
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- 1 large egg
- 1 tablespoon water
- 1 cup cracker crumbs
- 1 pound sea scallops, butterflied
- non-stick cooking spray
- mixture for 2 4-ounce crab cakes—see previous recipe

1. In a glass bowl, combine instant flour, salt, pepper, and paprika.
2. In a shallow glass baking dish, beat egg and water together.
3. Place cracker crumbs in another dish.
4. Dip each butterflied scallop in the flour mix, then stuff with ½ tablespoon of crab mixture.
5. Dip each scallop in the egg then press into the cracker crumbs. Repeat this procedure with remaining scallops.
6. Place 4 scallops in the basket and spritz with oil.
7. Put the basket and heating chamber in the Air Fryer.
8. Set temperature to 400° F and set the time for 8 minutes. Press On/Off.
9. Once cooking is complete, remove. Repeat with remaining scallops.
10. Serve with lemon wedges and chopped fresh parsley.

# Coconut Scallops

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## serves 4

- ½ cup cornstarch
- 2 large eggs
- 1 tablespoon water
- ⅓ cup corn flake crumbs
- ½ cup sweetened coconut flakes
- ½ teaspoon salt
- ½ pound sea scallops (or substitute with 1 pound jumbo shrimp, peeled, deveined and butterflied)
- non-stick cooking spray

## dipping sauce

- ¼ cup orange marmalade
- 1 tablespoon Thai chili sauce

1. Place cornstarch in a large zip bag.
2. In a shallow glass baking dish, beat egg and water together.
3. In another dish combine cornflake crumbs, coconut and salt.
4. Shake the scallops in the bag with cornstarch.
5. Dip each scallop in egg mixture, then press into coconut mixture.
6. Place 6 scallops in the basket and spritz with oil.
7. Put the basket and cooking chamber in the Air Fryer.
8. Set the temperature to 400° F and the time for 6 minutes. Press On/Off.
9. Once cooking is complete, remove. Repeat with remaining shrimp.
10. For dipping sauce, mix together marmalade and chili sauce in a small bowl.
11. Serve scallops warm, sprinkled with seafood seasoning.

# Tuna Melt Sandwich

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## serves 2

- 2 slices multi-grain bread
- 1 5-ounce can solid white tuna in water, drained
- 1 stalk celery, minced
- 1 teaspoon onion, minced
- 2 tablespoons mayonnaise
- 1/8 teaspoon celery salt
- pinch of black pepper
- 4 slices ripe tomato
- 1/2 cup sharp Cheddar cheese, shredded

1. Place the bread slices in the Air Fryer, set temperature to 400 degrees and time to 3 minutes to toast it.
2. In a bowl, mix together the tuna, celery, onion, mayonnaise, salt and pepper.
3. Divide the tuna mixture between the two slices of bread and top each sandwich with 2 slices of tomato.
4. Divide the cheese between the two sandwiches.
5. Place the sandwiches one at a time in the Air Fryer.
6. Set temperature to 400 degrees and time to 4 minutes.
7. Repeat with the remaining sandwich.

# Fish Tacos

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**serves 4**

- 1 large egg
- ½ cup buttermilk
- ¼ cup flour
- 1 cup panko bread crumbs
- 1 cup plain bread crumbs
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 2 grouper or snapper filets
- non-stick cooking spray
- ½ cup sour cream
- ½ cup medium salsa
- 4-6 premade taco shells
- 1 cup shredded lettuce
- 1 cup salsa
- 1 cup sour cream
- ½ cup low-fat shredded cheddar cheese

1. In a glass bowl, beat the egg, buttermilk and flour together. Set aside.
2. In a glass shallow dish, combine panko, bread crumbs, salt, garlic powder and black pepper.
3. Dip each filet in egg mix then gently press in bread crumbs to cover.
4. Place the filets into Air Fryer basket. Spritz with oil.
5. Set temperature to 400 degrees and time to 12 minutes, or until fish is cooked through.
6. Serve in taco shells with lettuce, salsa, sour cream and cheese.

# Chicken Fajitas

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## serves 4

- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon ground black pepper
- ½ teaspoon sea salt
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 pound chicken breasts, sliced into strips
- 1 tablespoon fresh lime juice
- 1 small onion, peeled and sliced
- 1 small red pepper, cored and sliced
- 1 small green pepper, cored and sliced
- non-stick cooking spray
- 4–6 premade flour tortillas

## garnishes

- ½ cup sour cream
- ½ cup medium salsa
- 1 cup shredded lettuce
- ½ cup shredded cheddar cheese

1. In a small bowl, mix together garlic powder, chili powder, pepper, salt, cumin and coriander.
2. Add the chicken strips and lime juice to the bowl and let marinate for 10 minutes.
3. Toss the onion and peppers in with the chicken.
4. Add half the chicken and vegetables to the fryer basket. Spray with oil.
5. Set the temperature to 400 degrees and the time to 8 minutes.
6. When cooking complete, repeat with the remaining chicken mixture.
7. Place the tortillas in the fryer basket and set temperature to 190 degrees and the time to 3 minutes.
8. Serve with sour cream, salsa, lettuce and cheese.

# Buffalo Drummies

---

## serves 2

- 3 cups water
- ¼ cup salt
- ¼ cup sugar
- 1 teaspoon cayenne
- 10 bone-in chicken drummies
- 1 cup ice
- 1 cup rice flour

### buffalo sauce

- 4 tablespoons unsalted butter, melted
- 4 tablespoons hot sauce
- 1 teaspoon cider vinegar
- 1 teaspoon soy sauce
- 1 teaspoon ketchup

1. To brine the chicken drummies, place the water in a stainless steel container and dissolve the sugar and salt. Add the cayenne pepper and chicken wings. Top with the ice. Let wings brine for at least 2 hours and up to 12 hours.
2. While brining, make the buffalo sauce by mixing all the ingredients together in a large bowl and set aside.
3. After the drummies have finished brining, pat them dry, then toss with the rice flour.
4. Place drummies in the basket and then put the basket and heating chamber into the Air Fryer.
5. Set the temperature to 400° F and the time for 20 minutes. Press On/Off.
6. Once cooking is complete, remove.
7. Toss the drummies in the large bowl with the buffalo sauce until they are well coated.
8. Serve with blue cheese or ranch dressing, celery and carrot sticks.

# Buffalo Chicken Tenders

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## serves 4

- 1 pound chicken tenders, trimmed
- 1 cup ranch dressing
- 1 cup flour
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper
- non-stick cooking spray
- ½ cup buffalo sauce, bottled or see previous recipe
- ¼ cup crumbled blue cheese (optional)

1. Place the chicken tenders in a bowl with ranch dressing and marinate for one hour.
2. In a shallow glass baking dish combine flour, salt, garlic powder, and cayenne pepper.
3. Dip each chicken tender into the seasoned flour.
4. Shake off excess flour.
5. Place 2 chicken tenders in the basket and spritz with non-stick spray.
6. Put the basket and cooking chamber into the Air Fryer.
7. Set the temperature to 400° F and the time for 12 minutes. Press On/Off.
8. Once cooking is complete, remove. Repeat with remaining chicken.
9. Toss tenders in a bowl with buffalo sauce to coat.
10. Place the tenders on a platter and while still hot, sprinkle with blue cheese.
11. Serve with carrot and celery sticks and blue cheese dressing.

# Buffalo Chicken Dip

---

## makes 2 cups

- 4 ounces whipped cream cheese
- ¼ cup ranch dressing
- ¼ cup cayenne pepper sauce
- ¼ cup crumbled bleu cheese
- 3 Buffalo chicken tenders, cooked and diced

1. Place all the ingredients in a large bowl, mix well.
2. Serve hot or cold.

# BBQ Chicken Salad with Onion Straws

---

## serves 4

- 2 ears corn, hulled
- non-stick cooking spray
- 1 pound boneless chicken tenders
- 1 teaspoon sea salt
- ½ teaspoon pepper
- 1 teaspoon paprika
- 1 tablespoon brown sugar
- ½ teaspoon garlic powder
- ½ head iceberg lettuce, rinsed, dried and cut into ½-inch strips
- ½ head romaine lettuce, rinsed, dried and cut into ½-inch strips
- 1 cup shredded Monterey Jack cheese
- 1 cup canned black beans, drained and rinsed
- 3 tablespoons fresh cilantro leaves, chopped
- 12 grape tomatoes, sliced
- 3 green onions, chopped
- ¼ cup ranch dressing
- 3 tablespoons BBQ sauce
- 1 can French fried onions

1. Place corn into Air Fryer basket, spritz with oil. Set temperature to 400 degrees and time for 10 minutes.
2. Toss the chicken tenders in the salt, pepper, paprika, brown sugar and garlic powder.
3. When corn is finished, remove to a plate. Place chicken tenders into the basket, and spritz with oil.
4. Set temperature to 400 degrees and time for 10 minutes. Turn tenders halfway through.
5. When corn is cooled, cut kernels off the cob into a large mixing bowl.
6. Dice the chicken tenders and add to the bowl.
7. Add remaining ingredients to the bowl except the French fried onions.
8. Toss and serve topped with the French fried onions.

# Barbeque Chicken

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**serves 1-2**

- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon dry mustard
- ¼ teaspoon paprika
- ½ teaspoon garlic powder
- 1 tablespoon cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon ketchup
- 1 tablespoon molasses
- 2-3 chicken thighs

1. Place all ingredients except for the chicken into a bowl, mix well.
2. Add the chicken and let it marinate for at least 30 minutes.
3. Place the rack in the Air Fryer basket.
4. Place the chicken on the rack, basting with some of the marinade.
5. Put the basket with rack into heating chamber, then put into the Air Fryer.
6. Set temperature to 400° F and the time for 10 minutes. Press On/Off.
7. When cook time is complete, flip the chicken and baste with marinade.
8. Set temperature to 400° F and the time for another 10 minutes. Press On/Off.

# Orange Chicken Stir Fry

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**serves 1-2**

- 1 boneless skinless chicken breast, cut into 2-inch chunks
- 1 tablespoon corn starch
- 1 large egg, beaten
- 2 tablespoons flour
- oil spray
- 2 cups stir fry vegetables—  
snow peas, pepper strips, broccoli, etc.
- 2 tablespoons orange flavored stir fry sauce (below)

## **orange flavored stir fry sauce**

- ½ cup orange juice
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon oyster sauce
- 1 tablespoon orange zest
- 2 large cloves garlic
- 1 teaspoon minced ginger
- 1 teaspoon sugar
- 1 teaspoon cornstarch

1. Toss the chicken chunks in the corn starch.
2. Dip the chicken pieces in the egg, then roll them in the flour.
3. Place the chicken pieces in the air fryer basket. Spritz with oil.
4. Set the temperature to 400° F and the time for 10 minutes. Press On/Off.
5. To make the sauce while the chicken is cooking, stir together all the ingredients in a saucepan until smooth. Bring to a boil over medium high heat.
6. When cook time is complete, add the vegetables and toss with the chicken.
7. Set the temperature to 350° F and the time for 5 minutes. Press On/Off.
8. When cook time is complete, transfer chicken and vegetables into a serving bowl, toss with sauce. Serve hot.

# Chicken Tenders

---

## serves 2

- 2 chicken breasts, boneless and skinless
- 2 Large eggs
- 3 tablespoons whole milk
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 cup panko bread crumbs

1. Cut chicken breast into 2-inch strips.
2. In a bowl, beat eggs and milk together and lightly season with salt to make a simple egg wash.
3. In a separate bowl, mix flour, salt, pepper and paprika.
4. Fill a third bowl with lightly salted panko bread crumbs.
5. Make a breading station, dipping the chicken strips in flour, egg wash and then panko—in that order.
6. Place finished product in the Air Fryer and cook at 400° F for 20 minutes. After the timer is done, let the chicken strips rest in Air Fryer for another 5 minutes before taking them out. Depending on thickness of chicken strips, they should be completely cooked. If slightly undercooked, place back in the Air Fryer for another 5 minutes at 400° F.

# Chicken Nuggets

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**serves 2-4**

- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 cup buttermilk
- 1 cup flour
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- non-stick cooking spray

1. Marinate the chicken in the buttermilk for at least one hour, or up to overnight.
2. Mix the flour with the salt, paprika and garlic powder.
3. Remove the chicken from the buttermilk and toss with seasoned flour.
4. Place 8 chicken nuggets in the basket and spritz with non-stick spray.
5. Put the basket and heating chamber into the Air Fryer.
6. Set the temperature to 400° F and the time for 10 minutes. Press On/Off.
7. Once cooking is complete, remove. Repeat with remaining chicken.

# Air Fried Eggs

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## serves 4

- non-stick cooking spray
- 1 tablespoon extra-virgin olive oil
- 2 cups of baby spinach rinsed
- 4 slices Canadian bacon
- 4 large eggs
- ½ cup shredded cheddar, divided
- salt and pepper, to taste

1. Spray four ramekins\* with non-stick spray.
2. On the stove, heat olive oil in a sauté pan, add spinach and cook until wilted. Drain off excess liquid.
3. Divide spinach between the ramekins.
4. Place the Canadian bacon in the ramekins.
5. Crack an egg into each, and top with cheese. Sprinkle with salt and pepper.
6. Place the ramekins into the Air Fryer basket.
7. Set temperature to 350 degrees and set timer for 15 minutes. Adjust time to determine the runniness of the yolk.

# Asparagus Omlet

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## serves 1

- 2 large eggs
- 1 tablespoon fresh grated Parmesan cheese
- 2 tablespoons milk
- pinch salt
- pinch pepper
- non-stick cooking spray
- 5 asparagus tips, steamed

1. Whisk eggs, cheese, milk, salt and pepper in a bowl to blend well.
2. Spritz the pizza pan with non-stick spray.
3. Place the steam/meat rack in the Air Fryer basket.

\*Not included

4. Pour the egg mixture into the pan; place the asparagus in the egg mixture.
5. Place the pan on the rack, then put the basket into the Air Fryer.
6. Set temperature to 320° F and time for 5 minutes. Press On/Off.
7. Halfway through cook time, shake the basket to move the eggs around a bit.
8. When done, omlet wil be light and fluffy.

## Corn Bread

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**serves 2-4**

- ½ cup yellow cornmeal
- ½ cup all-purpose flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- ½ teaspoon kosher salt
- ½ cup whole milk
- ¼ cup vegetable oil
- 2 eggs
- ½ cup fresh or frozen corn kernels
- ½ cup fresh jalapeño (optional),  
sliced thin and seeds removed
- non-stick cooking spray

1. Whisk all dry ingredients together in a mixing bowl. Lightly beat wet ingredients together, then pour over the dry mix and whisk until smooth. Mix in the corn and jalapeño.
2. Lightly coat pizza pan with non-stick spray; pour in corn bread mixture.
3. Place the dish into the basket, then put the basket and heating chamber into the Air Fryer.
4. Set temperature to 350° F and set time for 20 minutes. Press On/Off.
5. When cycle is complete, check for doneness with a toothpick. When inserted off center it should come out clean. If not done, set temperature to 350° F for an additional 5 minutes.
6. When cooking is complete, invert onto a plate, then invert onto another plate to have rounded top facing up.

# Pumpkin Pie French Toast

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## serves 2

- 2 large eggs, beaten
- ¼ cup milk
- ¼ cup pumpkin purée
- ⅛ teaspoon pumpkin pie spice
- 4 slices cinnamon swirl bread
- butter and pecan syrup for serving

1. In a medium mixing bowl, whisk together the eggs, milk, pumpkin and pie spice until smooth.
2. Dip each side of the bread into the egg mixture. Shake off excess, leave on a plate.
3. Place the rack in the cooking basket.
4. Place two slices of French toast on the rack.
5. Set temperature to 340° F and time for 10 minutes. Press On/Off.
6. When cook time is complete, repeat with the remaining two slices.
7. Once cooked, serve with butter and syrup.

# Blueberry Cream Cheese Stuffed French Toast with Corn Flake Crust

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**serves 2–4**

- 2 large eggs, beaten
- 1/3 cup whole milk
- 3 teaspoon sugar
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 cup fresh blueberries
- 4 tablespoons berry-flavored whipped cream cheese
- 4 slices Challah bread, 2 inches thick, preferably a few days old
- 1 1/2 cups corn flakes, crumbled

1. In a shallow bowl, mix the egg, milk, sugar, nutmeg and salt.
2. Combine the blueberries and whipped cream cheese in a small bowl.
3. Cut a slit into the top crust of each slice of bread. Using a spoon, stuff each piece of bread with 2 tablespoons of berry mixture.
4. Soak each slice of bread in the egg mixture until the entire slice is covered.
5. Place the corn flakes on a plate. Press each slice of bread into the corn flake, evenly coating both sides.
6. Place each slice of bread into the Air Fryer basket.
7. Set temperature to 400 degrees and set time for 8 minutes.
8. Serve hot with maple syrup and butter.

# Glazed Air-Fried Donuts

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**serves 2-4**

8-ounce can refrigerated croissant dinner rolls  
16-ounce can vanilla frosting  
non-stick cooking spray

1. Slice croissant dough into 1-inch rounds.
2. Tear hole in center to make a donut shape.
3. Place 5 donuts in the basket, do not overcrowd, and spritz with non-stick spray.
4. Put the basket and heating chamber into the Air Fryer.
5. Set temperature to 400°F and the time for 5 minutes. Press On/Off.
6. After 2 minutes, flip donuts and cook for the remaining time.
7. While donuts are cooking, microwave ½ cup of frosting in a microwave-safe dish for 30 seconds.
8. Once cooking is complete, remove and place donuts on a paper plate. Repeat with remaining rolls.
9. Drizzle donuts with frosting.

# Fried Dough

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## serves 4

- 3½ to 4 cups bread flour, plus more for rolling
- 1 teaspoon honey
- 1 envelope instant dry yeast
- 2 teaspoons kosher salt
- 1½ cups water, 110° F
- 2 tablespoons grapeseed oil
- non-stick cooking spray
- powdered sugar or cinnamon sugar, for dusting

1. Place the bread flour, honey, yeast and salt in the bowl of a stand mixer and combine.
2. While the mixer is running, add the water and the grapeseed oil and beat until the dough forms into a ball.
3. If the dough is sticky, add additional flour, 1 tablespoon at a time, until the dough comes together in a solid ball.
4. If the dough is too dry, add additional water, 1 tablespoon at a time.
5. Scrape the dough onto a lightly floured surface and gently knead into a smooth, firm ball.
6. Cut the ball into 4 pieces. Let dough rest for 20 minutes.
7. Stretch the dough and spray with oil on both sides.
8. Place the dough in the Air Fryer.
9. Set the temperature to 400 degrees and time to 6 minutes. Cook for 3 minutes on each side.
10. Top with powdered sugar or cinnamon and sugar while still warm.

# Chocolate Cake

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**serves 2–4**

- 1½ cups all-purpose flour
- ¾ cup granulated sugar
- 3 tablespoons unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- 1 teaspoon pure vanilla extract
- ¼ cup vegetable oil
- 1 cup water
- 1 tablespoon white vinegar
- non-stick cooking spray

1. Mix together all the ingredients, except the non-stick spray, with a hand mixer on low.
2. Spray pizza pan with non-stick spray.
3. Place the pan into the basket, put both into the heating chamber, and put that into the Air Fryer.
4. Select the BAKE setting. Press On/Off.
5. After 30 minutes, open and check cake with a toothpick inserted in the center. Batter should not be sticking to the toothpick. If not done, return to the BAKE setting for 5 minutes longer.
6. Serve warm with whipped cream.



# Chocolate Marshmallow Bread Pudding

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**serves 2–4**

- 2½ cups heavy cream
- ¾ cup sugar
- 4 large eggs
- ½ teaspoon kosher salt
- 1 teaspoon fresh lemon juice
- 1 teaspoon pure vanilla extract
- 5 croissants, cut into 1 inch cubes
- non-stick cooking spray
- ¼ cup chocolate chips
- ½ cup mini marshmallows

1. With a blender, combine the cream, sugar, eggs, salt, lemon juice and vanilla extract. Purée until smooth.
2. Place the croissant cubes in the basket. To toast them, set temperature to 400° F and time for 5 minutes. Press On/Off.
3. Place the toasted cubes in the custard mixture and allow to soak.
4. Spray the pizza pan with non-stick spray; add the custard mixture with the chocolate chips and marshmallows mixed in.
5. Place the pan into the basket, put the basket into the heating chamber, and slide into the Air Fryer.
6. Set temperature to 350° F and the time for 20 minutes. Press On/Off.
7. Serve warm with whipped cream.

# White Chocolate Raspberry Cheesecake Rolls

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**serves 10**

- 10 eggroll wrappers
- 2½ cups cheesecake filling
- ¼ cup white chocolate chips
- 1 pint fresh raspberries
- non-stick cooking spray
- powdered sugar for dusting

1. On a cutting board, place the eggroll wrapper with a corner pointing toward you.
2. Place ¼ cup cheesecake filling in the center of the wrapper,
3. Sprinkle with white chocolate chips and 4 or 5 raspberries.
4. Fold the point of the wrapper facing you over the cheesecake filling, and fold the two sides into the center.
5. Moisten the remaining point; fold over and roll tightly.
6. Repeat with the remaining eggroll wrappers.
7. Place 5 rolls in the basket, do not overcrowd, and spritz with non-stick spray.
8. Put the basket and heating chamber into the appliance
9. Set the temperature to 400° F and set the time for 7 minutes. Press On/Off.
10. After 7 minutes, flip cheesecake rolls and cook for an additional 2 minutes at 400° F.
11. Once cooking is complete, remove. Repeat with remaining rolls.
12. Serve dusted with powdered sugar.

# Root Beer Float Cupcakes

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## **makes 24 cupcakes**

2½ cups all-purpose flour  
2½ teaspoons baking powder  
½ teaspoon salt  
¾ cup unsalted butter  
1½ cups sugar  
3 large eggs  
1 tablespoon root beer extract  
½ teaspoon vanilla extract  
1¼ cups root beer

## **for finishing**

homemade or store bought frosting  
24 root beer-flavor hard candies (optional)  
12 colorful straws, cut in half

1. Line each silicone baking cup\* with a cupcake liner.
2. In a medium bowl, stir together flour, baking powder and salt. Set aside.
3. In a large mixing bowl, beat butter with an electric mixer on medium to high speed for 30 seconds.
4. Gradually add sugar, about ¼ cup at a time, beating on medium speed until combined. Scrape sides of bowl; beat on medium speed about 2 minutes more or until light and fluffy.
5. Add eggs, one at a time, beating well after each addition.
6. Beat in root beer and vanilla extracts. Alternately add flour mixture and root beer to butter mixture, beating on low speed after each addition, just until combined.
7. Spoon batter into prepared muffin cups, filling each halfway. Use the back of a spoon to smooth out batter in the cups.
8. Place cups 4 at a time in the Air Fryer basket.
9. Set temperature to 330 degrees and time to 10 minutes.
10. Cool cupcakes in muffin cups on wire racks for 10 minutes. Remove cupcakes from muffin cups. Cool completely on wire racks.
11. Air-fry the remaining cupcakes in batches of 4.
12. Pipe or spread frosting over cupcakes. If desired, top each cupcake with a root beer-flavor candy and a straw.

\*Accessory items are sold separately and are not included.

# Pumpkin Cupcakes

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## **makes 12 cupcakes**

- 1 cup all-purpose flour, sifted
- 2 teaspoons pumpkin pie spice
- ½ teaspoon baking powder
- ¼ teaspoon kosher salt
- ½ cup sugar
- 1 stick unsalted butter, room temperature
- ½ cup pumpkin puree, fresh or canned
- 1½ teaspoon vanilla extract
- 2 large eggs

## **maple cream frosting**

- 8 ounces cream cheese
- 2 tablespoons unsalted butter, room temperature
- 2 teaspoons maple extract
- 2 cups powdered sugar, sifted

1. Sift together the flour, pumpkin pie spice, baking powder and salt, set aside.
2. With a hand or stand mixer, cream the sugar and butter together until light and fluffy, about 3 minutes.
3. Add the pumpkin puree, vanilla and eggs, and mix until smooth and creamy.
4. Slowly add the dry ingredients, mixing until incorporated.
5. Line each silicone baking cup\* with a parchment cupcake liner.
6. Fill each cupcake liner two-thirds of the way.
7. Place the muffins cups in the Air Fryer basket, 4 at a time.
8. Set temperature to 350 degrees and time to 12 minutes.
9. To check for doneness, insert a toothpick in the center of one cupcake. If it comes out clean, it is cooked through.
10. Remove cupcakes to a rack to cool and repeat with the remaining cupcakes.
11. To make the frosting, using a mixer cream the butter and cream cheese until fluffy and smooth. Add the extract, then slowly add in the powdered sugar.
12. Mix until light and fluffy.
13. Top each cupcake with frosting.

\*Accessory items are sold separately and are not included.

# LIMITED ONE YEAR WARRANTY

This warranty covers all defects in workmanship or materials in the mechanical and electrical parts, arising under normal usage and care in this product for a period of 12 months from the date of purchase provided you are able to present a valid proof of purchase. A valid proof of purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt showing item and date of purchase is an acceptable proof-of-purchase. Product is intended for household use only. Any commercial use voids the warranty.

This warranty covers the original retail purchaser or gift recipient. During the applicable warranty period within normal household use, we will repair or replace, at our discretion, any mechanical or electrical part which proves defective, or replace unit with a comparable model.

To obtain service under the terms of this warranty, call our customer care department at 312-526-3760 (Monday- Friday 10am- 6pm CST), or send an email to [customercare@alliedrich.net](mailto:customercare@alliedrich.net). Please provide the model number listed on the bottom of this page when contacting us. Shipping and handling costs are the responsibility of the customer.

THIS LIMITED WARRANTY COVER UNITS PURCHASED AND USED WITHIN THE UNITED STATES AND DOES NOT COVER:

- **Damages in transit.**
- **Damages from improper installation.**
- **Defects other than manufacturing defects.**
- **Damages from misuse, abuse, accident, alteration, lack of proper care and maintenance, or incorrect current or voltage.**
- **Shipping and handling costs.**
- **Damage from service by other than an authorized dealer or service center.**

This warranty gives you special legal rights and you may also have other rights to which you are entitled, which may vary from state to state.

Manufacturer does not assume responsibility for loss or damage for return shipment. We recommend that you keep your original packaging should you require repair service. Before returning product please contact our customer care department for return authorization. When returning product for repair please include your full name, return address, and daytime phone number. Also include a brief description of the problem you are experiencing and a copy of your sales receipt or other proof of purchase in order to validate warranty status.

model number: TEAF53

The logo consists of the letters 'TE' in a large, bold, serif font. The letters are black and are centered within a white rectangular area.

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TODD ENGLISH