

Air Frying

the quick
& easy way



Air fry, broil, bake, roast, and more!

AirFryer



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Quick Start Guide



STEP 1

Remove Outer Basket

Pull the Easy-Grip Handle straight out.



STEP 2

Load Fry Basket

Arrange the food you are cooking in the basket.



STEP 3

Return Outer Basket to Unit

Use the Easy-Grip Handle to push the Outer Basket straight into the Unit until it clicks.



STEP 4

Power Unit On

Set the time and temperature. Follow instructions specific to your recipe.



STEP 5

Remove Outer Basket & Detach Fry Basket

Remove the Outer Basket. Set the Outer Basket on a secure, heat-resistant surface. Move the Sliding Button Guard and gently press the Basket Release Button.



Fish Sticks

SERVES 4

Ingredients

2 large eggs
3 tbsp. milk
2 cups panko breadcrumbs
1 cup white flour
1 lb. cod, cut into sticks
1 tbsp. olive oil
¼ tsp. sea salt
½ tsp. ground black pepper
tartar sauce, for serving

Directions

1. Combine the eggs and milk in a bowl.
2. Pour the breadcrumbs onto a baking sheet.
3. Pour the flour onto a second baking sheet.
4. Coat the fish sticks in the olive oil, sea salt, and black pepper.
5. Dip the fish sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
7. Set the cooking temperature to 350° F and the cooking time to 3 mins. Let the air fryer preheat.
8. Place the fish sticks in the Basket. Insert the Basket into the air fryer.
9. Set the cooking temperature to 350° F and the cooking time to 12 mins. Flip the fish sticks halfway through the cooking time.
10. Serve with the tartar sauce.



Garlic Knots

SERVES 4

Ingredients

1 lb. pizza dough, refrigerated
½ cup olive oil
1 tbsp. garlic
1 tsp. sea salt
1 tbsp. chopped fresh parsley
1 tbsp. grated Parmesan cheese
marinara sauce, for serving

Directions

1. Roll the pizza dough out until ½ in. thick.
2. Slice the dough lengthwise to form strips approximately ¾ in. wide.
3. Roll the dough strips between your palm and the countertop. Make a knot with each dough strip.
4. Combine the olive oil, garlic, sea salt, parsley, and Parmesan cheese in a bowl and mix.
5. Roll the knots in the mixture in the bowl.
6. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
7. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the air fryer preheat.
8. Place the knots in the Basket. Insert the Basket into the air fryer.
9. Set the cooking temperature to 360° F and the cooking time to 12 mins. Flip the knots halfway through the cooking time.
10. Serve with the marinara sauce.



Onion Rings

SERVES 4+

Ingredients

4–6 oz. frozen battered onion rings

Directions

1. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
2. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place enough onion rings in the Basket to cover the bottom without overcrowding. Insert the Basket into the air fryer.
4. Press the French Fry Button (400° F) and set the cooking time to 10 mins.
5. When the cooking time is complete, remove the Basket and toss the onion rings.
6. Place the Basket back into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 10 mins. (additional time may be required to reach the desired doneness).



French Fries

SERVES 4+

Ingredients

- 2 russet potatoes
- 1 tbsp. olive oil
- 1 tbsp. sea salt
- ½ tsp. ground black pepper

Directions

1. Fill a pot with water. Place the pot on the stove top. Place the potatoes in the pot. Ensure the potatoes are covered by the water. Blanch the potatoes over high heat until tender.
2. Remove the potatoes from the pot, let cool, and cut the potatoes into fries.
3. Toss the fries with the olive oil, sea salt, and black pepper in a bowl.
4. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the French fries in the Basket, being careful not to overfill, and place the Basket into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 18 mins. Shake the Basket periodically and toss the fries halfway through the cooking time.



Hot Wings

SERVES 5

Ingredients

30 chicken wing drumettes, raw

1 cup buffalo sauce

Directions

1. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
2. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place the chicken wings in the Basket. Insert the Basket into the air fryer.
4. Press the French Fry Button (400° F) and set the cooking time to 25 mins. Flip the chicken wings halfway through the cooking time.
5. Remove the chicken wings and toss with the buffalo sauce.
6. Return the chicken wings to the Basket. Insert the Basket into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 8 mins. Toss the wings halfway through the cooking time.



Mac & Cheese Balls

SERVES 4+

Ingredients

2 cups leftover macaroni
and cheese, refrigerated
1/3 cup shredded cheddar cheese
3/4 cup flour
3 eggs
2 cups milk
1 cup plain breadcrumbs

Directions

- 1.** Combine the macaroni and cheese and cheddar cheese in a bowl.
- 2.** Pour the flour into a second bowl.
- 3.** Pour the breadcrumbs into a third bowl.
- 4.** Combine the eggs and milk in a fourth bowl and mix.
- 5.** Use a small ice cream scoop to make ping pong-size balls out of the macaroni and cheese mixture.
- 6.** Roll the mac and cheese balls in the flour, then the egg mixture, and finally the breadcrumbs.
- 7.** Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
- 8.** Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the air fryer preheat.
- 9.** Place the mac and cheese balls in the Basket. Insert the Basket into the air fryer.
- 10.** Set the cooking temperature to 360° F and the cooking time to 10 mins. Rotate the mac and cheese balls halfway through the cooking time.



Mozzarella Sticks

SERVES 5

Ingredients

1 1-lb. block mozzarella cheese

¼ cup flour

2 eggs

3 tbsp. nonfat milk

1 cup plain breadcrumbs

4 oz. tomato sauce, warm,
for dipping

Directions

1. Cut the mozzarella cheese into 3 x ½-in. sticks.
2. Pour the flour into a bowl.
3. Combine the egg and milk in a second bowl and mix.
4. Pour the breadcrumbs into a third bowl.
5. Dip the mozzarella sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Lay the breaded mozzarella sticks on a baking sheet. Place the sheet in the freezer until the sticks become solid (1–2 hrs.).
7. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
8. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the air fryer preheat.
9. Place the mozzarella sticks in the Basket, being careful not to overfill. Insert the Basket into the air fryer.
10. Set the cooking temperature to 400° F and the cooking time to 12 mins.
11. Serve the mozzarella sticks with the tomato sauce.



Coconut Shrimp

SERVES 5

Ingredients

18 large shrimp, raw,
peeled & deveined

1 1/4 cups unsweetened
coconut, dried

1 1/2 cups panko breadcrumbs

6 oz flour

1 tbsp. cornstarch

½ cup egg whites, raw

Directions

1. Place the shrimp on paper towels.
2. Combine the coconut and breadcrumbs on a baking sheet and mix.
3. Combine the flour and cornstarch on a second baking sheet and mix.
4. Place the egg whites in a bowl.
5. Dip one shrimp at a time into the flour mixture, then the egg whites, and finally coconut mixture. Repeat until all the shrimp are coated.
6. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
7. Press the Shrimp button (330° F) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the shrimp in the Basket, being careful not to overcrowd. Insert the Basket into the air fryer.
9. Press the Shrimp button (330° F) and set the cooking time to 12 mins. Turn the shrimp halfway through the cooking time.



Bacon-Wrapped Potato Tots

SERVES 5+

Ingredients

1 16-oz. bag frozen extra-crispy potato tots

1 lb. medium-size bacon slices

½ cup shredded cheddar cheese

4 scallions

3 tbsp. sour cream

Directions

1. Wrap each potato tot with a piece of bacon.
2. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
3. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
4. Place the potato tots in the Basket, being careful not to overcrowd. Insert the Basket into the air fryer.
5. Press the French Fry button (400° F) and set the cooking time to 8 mins.
6. Transfer the potato tots to a plate.
7. Spread the cheddar cheese and scallions over the potato tots and serve with the sour cream.



Beef Empanadas

SERVES 4+

Ingredients

- 1 tbsp. olive oil
- 1 lb. ground beef
- 2 cloves garlic, peeled & minced
- 1 small onion, peeled & minced
- ½ green pepper, seeded & diced
- ½ tsp. cumin
- ¼ cup tomato salsa
- sea salt, to taste
- ground black pepper, to taste
- 1 egg yolk
- 1 tbsp. milk
- 1 pack empanada shells

Directions

1. Place a sauté pan on the stove top. Heat the olive oil over high heat, add the ground beef, and cook until the meat is browned. Discard any excess fat.
2. Add the garlic and onion, cover the pan, and cook for 4 mins.
3. Lower the heat to low. Add the green pepper, cumin, salsa, sea salt, and black pepper and cook for 10 mins.
4. Combine the egg and milk to make an egg wash.
5. Place each empanada shell on the countertop. Add some of the cooked beef to half of the shells. Brush the edges of the shells with the egg wash, fold the dough over the meat, seal with a fork, and brush with the egg wash.
6. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
7. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the empanadas (one or two per batch) in the Basket. Insert the Basket into the air fryer.
9. Press the French Fry button (400° F) and set the cooking time to 10 mins.



Chicken Tenders

SERVES 4

Ingredients

- ½ cup flour
- 3 large eggs
- 2 oz. milk
- 1 cup panko breadcrumbs
- 8 chicken tenders
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- 1 tsp. olive oil
- 4 oz. honey mustard, for serving

Directions

1. Pour the flour onto a pan.
2. Combine the egg and milk in a bowl and mix.
3. Pour the breadcrumbs onto a separate pan.
4. Dip each chicken tender into the flour, then the egg mixture, and finally the breadcrumbs.
5. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
7. Place the chicken tenders in the Basket. Insert the Basket into the air fryer.
8. Press the French Fry button (400° F) and set the cooking time to 14 mins. Flip the chicken tenders halfway through the cooking time.



Spring Rolls

SERVES 5

Ingredients

2 tbsp. grapeseed oil
2 cups sliced & chopped cabbage
½ lb. shiitake mushrooms,
destemmed & sliced
1 tsp. minced ginger
1 clove garlic, peeled & minced
3 scallions, chopped
8 oz. water chestnuts, diced
½ lb. cooked shrimp, chopped
sea salt, to taste
ground black pepper, to taste
1 egg yolk
1 tbsp. water
6–8 spring roll wrappers
sweet chili sauce or a sauce
of your choice, for serving

Directions

1. Place a sauté pan on the stove top. Heat the grapeseed oil over high heat and then sauté the cabbage. Remove and reserve the cabbage but leave any remaining oil in the pan.
2. Sauté the mushrooms, ginger, garlic, and scallions. Then, remove and reserve them.
3. Combine the cabbage, mushrooms, ginger, garlic, scallions, water chestnuts, shrimp, sea salt, and black pepper in a bowl to make the filling.
4. Combine the egg and water in a separate bowl to make the egg wash.
5. Once the filling is cooled, lightly squeeze any excess water from the filling.
6. Place each wrapper with a point facing you to form a diamond. Coat the top point of the wrapper with the egg wash. Place 2 tbsp. of filling on each wrapper. Roll up the wrappers, folding the sides up as you roll.
7. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
8. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the air fryer preheat.
9. Place the spring rolls in the Basket. Multiple batches may be required for smaller air fryer models. Insert the Basket into the air fryer.
10. Set the cooking temperature to 360° F and the cooking time to 15 mins. Turn the spring rolls periodically.
11. Serve with the sweet chili sauce.



Roast Turkey Reuben

SERVES 2

Ingredients

- 2 tbsp. unsalted butter
- 4 slices rye bread
- 8 slices Swiss cheese
- 8 slices roasted turkey breast, skin removed
- 4 tbsp. coleslaw
- 2 tbsp. Russian dressing

Directions

1. Spread the butter on one side of 2 slices of bread.
2. Lay the buttered bread slices, buttered side down, on a cutting board.
3. Layer the Swiss cheese, turkey, coleslaw, and dressing on top of each slice of bread. Top with the unbuttered bread slices.
4. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the Bake button (310° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the sandwiches in the Basket. Multiple batches may be required. Insert the Basket into the air fryer.
7. Press the Bake button (310° F) and set the cooking time to 12 mins. Flip the sandwiches halfway through the cooking time.
8. Slice the sandwiches before serving.



Bang Bang Shrimp

SERVES 6

Ingredients

¼ tsp. dried sriracha powder

1 cup cornstarch

2 lb. 21–25 shrimp, peeled
& deveined

¼ cup. sweet chili sauce

¼ cup. mayonnaise

iceberg lettuce, for serving

Directions

1. Mix the dried sriracha and cornstarch together in a bowl.
2. Coat the shrimp in the cornstarch mix.
3. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
4. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the shrimp in a single layer in the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 15 mins. Flip the shrimp after 10 mins.
7. While the shrimp cooks, combine the mayonnaise and sweet chili sauce.
8. Serve the shrimp over lettuce and with the sauce for dipping.



Orange Chicken

SERVES 4

Ingredients

1 lb. boneless & skinless chicken breast, cubed

1 egg, beaten

1 cup cornstarch

2 tsp. salt

½ tsp. ground black pepper

Orange Sauce

1 cup orange juice

2 tbsp. butter

2 tsp. low-sodium soy sauce

2 tsp. brown sugar

1 tsp. ginger, grated

1 tsp. garlic, grated

1 tsp. rice vinegar

1 tbsp. finely chopped scallion

1 pinch red pepper flakes

zest of 1 orange

white rice, for serving

Directions

1. Toss the chicken with the egg in a bowl.
2. Combine the cornstarch, salt, and black pepper in a separate small bowl and mix.
3. Coat the chicken with the cornstarch mixture. Shake off any excess cornstarch.
4. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the chicken in the Basket. Insert the Basket into the air fryer.
7. Press the French Fry button (400° F) and set the cooking time to 15 mins.
8. Combine all the sauce ingredients in a pan and bring to a boil on the stove top. Then, lower the heat to simmer. Cook until reduced by half.
9. Transfer the cooked chicken to a bowl.
10. Add the sauce and toss to coat (**Caution: Contents will be hot**).
11. Serve the chicken over white rice with an extra drizzle of orange sauce.



Honey-Roasted Salmon

SERVES 2

Ingredients

¾ cup. honey
⅓ cup. sweet soy sauce
2 tbsp. light brown sugar
¼ cup orange juice
2 tbsp. lemon juice
2 tbsp. red wine vinegar
2 tsp. olive oil
2 clove of garlic
1 scallion, chopped finely
2 4-oz. salmon fillets
salt & ground black pepper,
to season

Directions

1. Combine all the ingredients except the salmon, salt, and black pepper in a saucepan over low heat.
2. Bring to a boil and then lower to a simmer. Reduce for 15 mins., stirring often.
3. Rub each salmon fillet with olive oil and season with the salt and ground black pepper.
4. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the Shrimp button (330° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the salmon in the Basket. Insert the Basket into the air fryer.
7. Press the Shrimp button (330° F) and set the cooking time to 12 mins.
8. Once the cooking cycle has finished, brush the salmon with the sauce.
9. Return the salmon to the air fryer. Press the Shrimp button (330° F) and set the cooking time to 5 mins.
10. Serve with the sauce and chopped scallions.

Crunchy French Toast

SERVES 6

Ingredients

Egg Mixture

- 1 large egg
- 1 tsp. vanilla
- 1 tsp. salt
- 1 tbsp. unsalted butter, melted
- 1/2 cup heavy cream
- 1 ripe banana, mashed

-
- 1 brioche loaf, cut into 12 slices
 - 1 cup cinnamon crunch cereal, crushed finely

Topping

- 1/2 cup chopped pecans
- 1/2 cup dried cranberries
- 1 ripe banana, sliced
- maple syrup

Directions

1. Mix the egg, vanilla, salt, butter, cream, and the mashed banana in a bowl.
2. Dip the brioche slices into the egg mixture and coat the bread with the cereal crumbs.
3. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
4. Press the French Fry button and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the French toast slices (one per batch) in the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button and set the cooking time to 10 mins. Flip the French toast halfway through the cooking time.
7. Top with the pecans, cranberries, banana slices, and syrup.

Peach Turnover

SERVES 4

Ingredients

- 1 ready-made pie dough
- 8 tbsp. peach pie filling
- 1 tbsp. sugar

Directions

1. Unroll the pie dough and cut the dough into four squares.
2. Fill each pie square with 2 tbsp. peach pie filling. Fold the squares over to make triangles and use a fork to seal the edges.
3. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
4. Press the Bake button (310° F) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the turnovers in the Basket. Insert the Basket into the air fryer.
6. Press the Bake button (310° F) and set the cooking time to 15 mins. Flip the turnovers halfway through the cooking time.
7. Remove the turnovers and sprinkle with the sugar.



Chocolate–Hazelnut Spread Croissant

SERVES 4

Ingredients

1 8-oz. can crescent rolls

8 tsp. chocolate
hazelnut spread

Directions

1. Unroll the crescent dough and separate into triangles.
2. Spread about 1 tsp. chocolate hazelnut spread over the top of each triangle, leaving about $\frac{1}{4}$ in. of space around the edges.
3. Roll each triangle up and over the filling from the widest end to the top point. Gently form into a crescent shape.
4. Insert the Fry Basket into the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the Bake button (310° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place some croissants in the Basket. Smaller batches may be required for smaller air fryer models. Insert the Basket into the air fryer.
7. Press the Bake button (310° F) and set the cooking time to 8 mins.



EMERIL LAGASSE

AirFryer™



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