



Sur la table

RECIPE BOOK

MULTIFUNCTIONAL
AIR FRYER

13 QUART / 12.3 LITER

Air fry • Rotisserie • Bake • Roast
Reheat • Dehydrate • Broil

SLT-1807

INCLUDES 30 DELICIOUS RECIPES



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CHEDDAR-CAULIFLOWER TOTS

Serves 4 | Recipe Level: Moderate

Ingredients

- 1 pound fresh or frozen cauliflower florets
- ½ cup flavored breadcrumbs
- ¼ cup shredded Cheddar cheese
- ¼ cup grated Pecorino cheese
- 1 tablespoon minced onion
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 1 egg, lightly beaten
- ½ cup all-purpose flour, divided

Procedure

- 1 - In a medium saucepan, cook the cauliflower in boiling salted water until barely tender. Drain and let stand on paper towels 10 minutes; pat dry.
- 2 - Finely chop the cauliflower and place in a large bowl. Add the breadcrumbs, cheeses, onion, salt, and pepper. Add the egg and just enough flour so the mixture holds together; cover and chill mixture for 1 hour.
- 3 - Using slightly wet hands, shape the chilled cauliflower mixture into bite-sized pieces, then dredge pieces in the remaining flour, shaking off excess. Place floured pieces on an Air Fry Tray.
- 4 - Press the On Button. Set temperature at 370° F.; set time at 15 minutes. Select Preheat.
- 5 - When End Preheat signal sounds, spray the pieces lightly with vegetable cooking spray, then slide the Tray into the Air Fryer in the middle rack position. Air fry until golden brown, turning tots over after half the cooking time. Serve hot.

CHICKEN QUESADILLA

Serves 1 | Recipe Level: Easy

Ingredients

- ½ cup shredded cooked white meat chicken
- ⅛ teaspoon black pepper
- ⅛ seeded red bell pepper, cut into thin strips
- Two (10 inches each) flour tortillas
- ¼ cup prepared guacamole
- ¼ teaspoon Kosher salt
- ½ cup shredded Cheddar cheese
- ⅛ teaspoon chili powder
- Prepared salsa and sour cream for serving, optional

Procedure

- 1 - In a small bowl, toss the chicken and bell pepper strips with the chili powder, salt, and black pepper.
- 2 - Spray one Air Fry Tray with vegetable cooking spray; place one tortilla on the Tray.
- 3 - Spread the tortilla with guacamole; scatter half the cheese over the guacamole. Add the chicken mixture, then add the remaining cheese. Top with the second tortilla.
- 4 - Brush tortilla with olive oil and secure with a toothpick through the center.
- 5 - Press the On Button. Set temperature at 325° F; set time at 10 minutes. Select Preheat.
- 6 - When End Preheat signal sounds, slide the Tray into the Air Fryer in the middle rack position.
- 7 - Air fry until cheese is melted and tortilla is crispy, turning the tortilla over with a wide spatula after 5 minutes.
- 8 - Remove and let stand a few minutes before removing toothpick. Serve, if desired, with salsa and sour cream.



EASY CHEESY MOZZARELLA STICKS

Makes 12 | Recipe Level: Easy

Ingredients

- 12 egg-roll wrappers or wonton skins
- 12 egg-roll wrappers or wonton skins
- 1 teaspoon dried basil
- 1 teaspoon dried basil
- Six (1 ounce each) cold string cheese sticks
- Six (1 ounce each) cold string cheese sticks
- 1 tablespoon vegetable oil
- 1 tablespoon vegetable oil
- Kosher salt for sprinkling
- Prepared spicy marinara sauce for dipping

Procedure

- 1 - Spray an Air Fry Tray with vegetable cooking spray.
- 2 - Cut each cheese stick crosswise in half. Lay half a cheese stick diagonally over one egg-roll wrapper; sprinkle some of the basil over the cheese and wrapper.
- 3 - Starting at one end, roll halfway up then carefully fold the sides of the wrapper in over the cheese stick. Continue rolling to the end. Dip a finger in water and seal the edge of the wrapper from top to bottom. Repeat with remaining skins and cheese sticks.
- 4 - Place the wrapped sticks on the Air Fry Tray not touching; brush each with the vegetable oil and sprinkle with salt. Place tray with wrapped sticks in the freezer for 15 minutes.
- 5 - When ready to cook, press the On Button. Set temperature at 375° F.; set time at 8 minutes. Select Preheat.
- 6 - When End Preheat signal sounds, slide the Tray into the Air Fryer in the highest rack position. Cook 4 to 6 minutes, checking frequently, and turning sticks over once, until lightly browned and crisp.
- 7 - Serve hot with spicy marinara sauce for dipping.

Variation: Lay a small piece of thinly sliced prosciutto or ham over the mozzarella on each wrapper; roll up as stated above. Eliminate Kosher salt for sprinkling.





“FAMOUS” BUFFALO CHICKEN WINGS

Serves 4 to 6 | Recipe Level: Easy

Ingredients

- 3 pounds chicken wings, split at the joint and tips removed
- 1 cup hot sauce
- Kosher salt and coarse black pepper
- 2 dashes Worcestershire sauce
- 4 tablespoons (½ stick) unsalted butter
- Carrot and celery sticks
- Prepared blue cheese dressing

Procedure

- 1 - Spray the Rotating Drum Basket with vegetable cooking spray. Remove wings from refrigerator about 15 minutes before ready to cook.
- 2 - Pat wings dry with paper towels. Season generously with salt and pepper.
- 3 - Place wings in the Rotating Drum Basket; secure Cover on the Basket. Insert the Basket into the Air Fryer.
- 4 - Press the On Button; select Chicken. Set temperature at 400° F.; set time at 40 minutes. Select Rotisserie.
- 5 - Air fry until wings are golden brown and crispy. Use an instant-read thermometer to test a few of the largest wings for doneness (165° F.).
- 6 - When End Cooking signal sounds, carefully remove the Basket using the Rotisserie Handle and place it on the Rotisserie Stand. When cool enough to handle, remove basket cover, and shake out wings into a large bowl.
- 7 - Melt butter in a small saucepan over medium heat; stir in hot sauce and Worcestershire sauce. Immediately pour sauce mixture over the wings and stir to coat well.
- 8 - Serve wings with a side of carrot and celery sticks and blue cheese dressing for dipping.

HONEY-GLAZED CHICKEN DRUMETTES

Makes 12 | Recipe Level: Easy

Ingredients

- 12 chicken drumettes
- 1 tablespoon lower-sodium soy sauce
- Kosher salt and black pepper
- 1 tablespoon unsalted butter
- ½ cup all-purpose flour
- 1 clove garlic, minced
- 1 teaspoon Chinese Five-Spice powder
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon garlic powder
- 1 teaspoon sesame seeds, optional
- ⅓ cup honey

Procedure

- 1 - Spray an Air Fry Tray with vegetable cooking spray. Remove drumettes from refrigerator about 20 minutes before ready to cook.
- 2 - Pat drumettes dry with paper towels; season liberally with salt and pepper.
- 3 - In a shallow bowl, stir flour, garlic powder, ½ teaspoon salt, and ¼ teaspoon pepper. Dredge drumettes in flour mixture, shaking off excess and place on the Tray.
- 4 - Press the On Button; set temperature at 400° F. Set time at 25 minutes. Select Preheat.
- 5 - In a small microwave-safe bowl, heat honey, soy sauce, butter, garlic, and red pepper on High 20 seconds; stir well.
- 6 - When End Preheat signal sounds, slide the Tray into the Air Fryer in the middle rack position. Turn drumettes over after 10 minutes.
- 7 - While drumettes are air frying, in a small microwave-safe bowl, heat honey, soy sauce, butter, garlic and red pepper on High 20 seconds; stir well.
- 8 - Brush honey mixture over the drumettes on both sides and continue to air fry 5 minutes until glossy and deep golden brown.
- 9 - Remove drumettes to a serving platter and sprinkle, if desired, with sesame seeds.





BEEF & POTATO EMPANADAS

Makes 6 | Recipe Level: Moderate

Ingredients

- 1 pound lean ground beef
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon each Kosher salt and black pepper
- 1 cup diced cooked potatoes
- ½ cup pitted green olives, sliced
- ¼ cup prepared salsa
- 1 package (14.1 ounce) refrigerated pie crusts
- 1 egg yolk beaten with 1 teaspoon water

Procedure

- 1** - In a large skillet, over medium-high heat, cook the beef, onion, and garlic, stirring to break up. When meat is no longer pink, add the cumin, oregano, salt, and pepper. Stir in the potatoes, olives, and salsa. Reduce heat to medium; cook 5 to 10 minutes until liquid is absorbed. Remove from heat to a bowl to cool.
- 2** - Unroll one pie crust on a clean dry surface; with a rolling pin, roll it to an 11-inch circle. Cut out two 5-inch rounds; re-roll scraps to cut out a third round. Repeat with the second pie crust for a total of 6 rounds.
- 3** - Evenly divide the beef mixture on half of each round. Fold dough over the filling and press firmly to seal.
- 4** - Brush each with egg yolk mixture; place 3 empanadas on each of the two Air Fryer Trays; spray each empanada with olive oil spray.
- 5** - Press the On Button; select Bake. Set temperature at 375° F; set time at 15 minutes. Select Preheat.
- 6** - When End Preheat signal sounds, slide the Trays into the Oven in the lower and middle rack positions. Air fry 12 to 15 minutes, until empanadas are golden brown and heated through, rotating Trays middle to lower rack positions after half the cooking time.
- 7** - Remove empanadas to a wire rack to cool slightly; serve warm.

MEDITERRANEAN BEEF KABOBS

Serves 4 | Recipe Level: Easy

Ingredients

- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 teaspoon coarse-grain Dijon-style mustard
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- 1½ pounds beef sirloin, cut into 16 cubes
- 1 medium onion, cut into 12 wedges
- 1 medium red bell pepper, seeded and cut into 12 chunks

Procedure

- 1** - In a medium bowl, stir together the olive oil, vinegar, mustard, garlic, parsley, oregano, basil, salt, and pepper; remove 3 tablespoons of the mixture to a small cup.
- 2** - Add the beef cubes to the medium bowl; toss to coat. Cover and chill 30 to 60 minutes, stirring a few times. Remove from refrigerator 15 minutes before ready to cook.
- 3** - Place the onion wedges and bell pepper chunks in a shallow bowl or non-aluminum pan. Pour the olive oil mixture in the cup over the vegetables and let marinate until ready to cook.
- 4** - When ready to cook, with gloved hands, thread the beef cubes on four Air Fry Skewers alternately with the vegetables, starting and ending with the beef. Combine and reserve any remaining olive oil mixture.
- 5** - Secure the Skewers on the Skewers Rack and insert the Rack into the Rotisserie Portal in the Air Fryer.
- 6** - Press the On Button; select Meat. Set temperature at 350° F.; set time at 15 minutes. Press the Rotisserie Button.
- 7** - Check for desired doneness at 10 minutes and brush the skewers, if desired, with the remaining olive oil mixture a couple of times during cooking. Discard any unused olive oil mixture.
- 8** - Use the Rotisserie Handle to carefully remove the Skewers Rack from the Air Fryer and place in the Rotisserie Stand to cool slightly before removing the Skewers to serve.



HERB-ROASTED TURKEY BREAST

Serves 4 to 6 | Recipe Level: Easy

Ingredients

- 1 large lemon
- 1 medium onion
- 3 tablespoons olive oil, divided
- 1 large clove garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh parsley
- Kosher salt and black pepper
- 1 fresh bone-in turkey breast, about 5 pounds

Procedure

- 1** - Cut the lemon in half; juice one half and cut the other half into slices. Slice the onion. Lay the lemon slices in the bottom of the Air Fry Basket. Top with the onion slices.
- 2** - In a small bowl, stir 2 tablespoons of the olive oil, the lemon juice, garlic, rosemary, thyme, parsley, 1 teaspoon salt and ½ teaspoon pepper.
- 3** - Pat the turkey breast with paper towels. Season breast with salt and pepper. Using your fingers, wiggle under the skin and place some of the herb mixture between the skin and the flesh in several places around the breast. Pull the skin down and secure with toothpicks as needed.
- 4** - Arrange the turkey breast on top of the onion slices in the Basket and baste with olive oil. Press the On Button; select Chicken. Set temperature at 350°F.; set time at 40 minutes. Select Preheat.
- 5** - When Preheat End signal sounds, attach the Basket Handle to the Basket and insert the Basket into the Air Fryer.
- 6** - Check for doneness using an instant-read thermometer insert in thickest part of breast at 30 minutes; baste with olive oil and continue to cook as needed. Use Basket Handle to remove Basket from Fryer.
- 7** - Tent Basket with foil 15 minutes. Lift breast out of the Basket to a board; remove toothpicks before carving. Discard lemons and onions in Basket.





SOUTHERN FRIED CHICKEN

Serves 4 | Recipe Level: Easy

Ingredients

- 1 cup buttermilk
- ¼ cup hot sauce
- 2 teaspoons garlic powder, divided
- 2 teaspoons sweet paprika, divided
- 2 teaspoons Kosher salt, divided
- 2 teaspoon black pepper, divided
- 2 pounds chicken pieces (breast, leg, thigh, wing)
- 1 cup flour
- ½ cup cornstarch

Procedure

- 1 - In a deep bowl, stir buttermilk with the hot sauce and 1 teaspoon each garlic powder, paprika, salt and pepper. Add the chicken pieces, turning to coat. Cover and chill 30 minutes.
- 2 - In a shallow bowl, stir the flour, cornstarch, and the remaining garlic powder, paprika, salt and pepper. Take the chicken pieces from the buttermilk mixture and dredge in the flour mixture.
- 3 - Spray the Air Fry Trays with vegetable cooking spray. Arrange chicken pieces on the Trays and spray the pieces with olive oil spray.
- 4 - Press the On Button; select Chicken; set temperature at 375°F. Set time at 45 minutes.
- 5 - Slide the Trays into the Fryer in the middle and highest rack positions. Air fry 35 to 40 minutes, until chicken is golden brown and cooked through, rotating the Trays middle to higher rack positions after 20 minutes. Use an instant read meat thermometer to test for doneness (165° F.)

CRISPY CHICKEN CUTLETS

Serves 4 to 6 | Recipe Level: Easy

Ingredients

- 1 cup seasoned breadcrumbs
- ¼ cup yellow cornmeal
- ¼ cup freshly grated Parmesan cheese
- 2 eggs
- 1½ pounds chicken cutlets
- Kosher salt
- Black pepper

Procedure

- 1 - Spray the Air Fry Trays with vegetable cooking spray.
- 2 - Pat chicken cutlets dry with paper towels. In a shallow bowl or pie plate, stir the breadcrumbs, cornmeal, and Parmesan. In another shallow bowl or pie plate, beat the eggs.
- 3 - Season the chicken cutlets with salt and pepper. Dip each cutlet in the egg, then in the breadcrumb mixture. Arrange the cutlets on the Trays.* Spray cutlets with olive oil spray.
- 4 - Press the On Button; select Chicken. Set temperature at 375° F.; set time at 15 minutes.
- 5 - When End Preheat signal sounds, slide Trays into the Air Fryer in the highest and lowest rack positions.
- 6 - Air fry cutlets 10 to 13 minutes,** until golden brown and crispy, turning cutlets over and reversing Trays highest to lowest rack, after 6 minutes. Check for doneness with an instant-read thermometer; temperature should read 165° F.; remove from Air Fryer and serve hot.

*If there are too many cutlets to fit on the Trays, air fry in batches.

** Cooking times will vary depending on thickness of cutlets.



PISTACHIO PESTO-TOPPED SALMON FILLETS

Serves 4 | Recipe Level: Moderate

Ingredients

Pistachio Pesto

- 1 cup packed fresh basil leaves
- ¼ cup packed fresh mint leaves
- ½ cup shelled pistachio nuts
- ¼ cup grated Parmesan cheese
- 1 clove garlic
- ½ teaspoon each Kosher salt and black pepper

- ¼ cup extra-virgin olive oil

Salmon

- Four (6-ounces each) skin-on salmon fillets
- Kosher salt and black pepper
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon Dijon-style mustard

Procedure

- 1 - *Make the pesto:* In a food processor, pulse the basil, mint, nuts, cheese, garlic, salt, and pepper until finely chopped; scrape down the bowl. With processor running, slowly add olive oil until incorporated. Scrape down bowl and pulse a few times until mixed but not completely smooth. Scrape down bowl and blade; remove pesto to a container; cover and chill until ready to use.
- 2 - Remove salmon from refrigerator about 20 minutes before ready to cook. Spray an Air Fry Tray with vegetable cooking spray. Season salmon with salt and pepper. Whisk together the lemon juice, olive oil, and mustard. Place salmon fillets on Tray; brush with lemon mixture.
- 3 - Press the On Button; select Fish; Set temperature at 350° F; set time at 10 minutes. Select Preheat.
- 4 - When End Preheat signal sounds, slide Tray into the Air Fryer in the middle rack position. Use an instant read thermometer to check for desired doneness after half the cooking time; internal temperature should reach 130 to 135° F. for Medium.
- 5 - Remove the fillets to serving plates and immediately top each with a generous amount of the pesto.



SOY & GINGER-GLAZED COD

Serves 4 | Recipe Level: Easy

Ingredients

- 4 (6 ounce) cod fillets, each about 1½ inches thick
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons lower-sodium soy sauce
- 1 tablespoon grated gingerroot
- 1 tablespoon honey
- 1 tablespoon toasted sesame oil

Procedure

- 1 - Rub each fillet with some of the olive oil and season with salt and pepper. Place the fillets on a plate.
- 2 - In a small bowl, stir together the soy sauce, gingerroot, honey, and sesame oil. Brush some of the soy mixture over the fillets. Chill 30 minutes.
- 3 - Remove the cod fillets from the refrigerator about 15 minutes before ready to cook. Spray an Air Fry Tray with vegetable cooking spray; Arrange the fillets on the Tray.
- 4 - Press the On Button; select Fish. Set temperature at 350° F.; Set time at 12 minutes. Select Preheat.
- 5 - When End Preheat signal sounds, slide the Tray into the Air Fryer in the highest rack position.
- 6 - Air fry 6 minutes, then brush fillets with the remaining soy mixture and air fry an additional 3 to 6 minutes, until internal temperature reaches 140 to 145° F. when tested with an instant read thermometer.





BEST VEGGIE BURGERS

Serves 4 | Recipe Level: Easy

Ingredients

- One (14 ounce) can cannellini beans, rinsed and drained
- ⅓ cup quick-cooking oats
- 1 small onion, minced
- ½ cup chopped bell pepper
- ¼ cup chopped cilantro
- 3 tablespoons prepared salsa
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ¼ cup lime juice
- Kosher salt and black pepper to taste
- Hamburger rolls and sandwich fixings to taste

Procedure

- 1 - Preheat the Air Fryer at 350° F. Spray the Air Frying Trays with vegetable cooking spray.
- 2 - In a medium bowl, mash the beans and add the oats, onion, bell pepper, cilantro, salsa, garlic powder, cumin and lime juice; mix well. Season with salt and black pepper.
- 3 - Shape the mixture into 4 patties and place on the Trays. Spray the patties with olive oil spray. Slide the Trays into the Air Fryer in the middle and higher rack positions.
- 4 - Air Fry 8 to 10 minutes until patties are golden brown and heated through, turning them over once and spraying with olive oil spray.
- 5 - Serve patties on hamburger rolls with sandwich fixings to taste.

HERBED LAMB CHOPS & SWEET POTATO CRISPS

Serves 2 to 3 | Recipe Level: Easy

Ingredients

- 6 rib lamb chops, about 1½ lbs.
- ¼ cup extra-virgin olive oil
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh thyme
- 1 small sweet potato, scrubbed
- Kosher salt
- Coarse-grind black pepper

Procedure

- 1 - Spray both Air Fry Trays with vegetable cooking spray. Remove lamb chops from refrigerator about 20 minutes before ready to cook. Season chops with salt and pepper on both sides.
- 2 - In a shallow bowl or pie plate, stir olive oil, garlic, mint, and thyme. Add chops and turn over a couple of times to coat with the mixture.
- 3 - Cut the sweet potato crosswise into slices about ⅛-inch thick or use a mandolin to thinly slice. Place the slices on the other Air Fry Tray. Sprinkle with salt and pepper; spray lightly with olive oil spray.
- 4 - Press the On Button; select Meat. Set temperature at 400° F.; set time at 20 minutes. Select Preheat.
- 5 - When End Preheat signal sounds, slide the Trays into the Air Fryer with the lamb chops in the middle rack position and the sweet potatoes in the lowest rack position.
- 6 - Air Fry for 10 minutes, then turn chops over and brush with the olive oil mixture and sprinkle with salt and pepper. Continue to cook an additional 4 to 6 minutes, testing for desired doneness with an instant-read thermometer (135° F. for medium rare).
- 7 - Remove chops to a serving plate and let stand for 5 minutes.
- 8 - If crisper potato slices are desired, after removing the chops from the Air Fryer, move the tray with the potatoes to the middle rack position and continue to cook for 2 to 4 minutes, watching carefully, and removing crisp slices as they are done.

NOTE: Cooking times will vary depending on the lean-to-fat ratio of the chops; crispness of the potato slices will vary based on thickness of slices.



THAI-STYLE TOFU

Serves 4 | Recipe Level: Moderate

Ingredients

- 1 package (16 ounces) super firm tofu
- ½ cup cornstarch
- 1 tablespoon olive oil
- ¼ cup lower-sodium soy sauce
- 2 tablespoons chili garlic sauce
- 1 tablespoon *each* rice wine vinegar and brown sugar
- 2 cloves garlic, minced.
- 1 teaspoon grated gingerroot
- 1 teaspoon *each* grated gingerroot and toasted sesame oil
- 1 teaspoon toasted sesame seeds

Procedure

- 1 - Unwrap tofu and wrap in paper towels; place a heavy pan on the tofu and let it sit for 30 minutes. Unwrap and cut tofu into 2-inch cubes.
- 2 - Spray the Air Fry Trays with vegetable cooking spray. Place cornstarch in a zip-style plastic bag; add the tofu cubes. Close and shake to coat well. Remove tofu to a medium bowl; drizzle and toss with olive oil.
- 3 - Arrange tofu cubes on Trays. Press the On Button; set temperature at 375° F. Set time at 18 minutes. Select Preheat.
- 4 - When End Preheat signal sounds, slide Trays into the Fryer in the middle and highest rack positions. Air fry 12 to 16 minutes, checking after 10 minutes and spraying with vegetable cooking spray if cubes still look powdery.
- 5 - Remove tofu from Trays to a plate and set aside. In a nonstick skillet, over medium heat, stir the soy sauce, chili garlic sauce, brown sugar, garlic, and ginger. Bring to a boil; boil 1 minute. Add the sesame oil, then add tofu. Cook and stir 1 minute.
- 6 - Transfer to a platter and sprinkle with sesame seeds to serve.



BEEF TACO STUFFED PEPPERS

Serves 4 | Recipe Level: Easy

Ingredients

- 1 pound lean ground beef
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 1 can (10 ounces) tomatoes with green chiles
- 4 large bell peppers, any color
- ½ cup crushed tortilla chips
- ½ cup crumbled queso or shredded Jack cheese

Procedure

- 1 - Spray the Air Fry Basket with vegetable cooking spray.
- 2 - In a medium skillet, over medium-high heat, cook the beef, onions, and garlic, stirring to break up. When meat is no longer pink, add the chili powder, cumin, salt, and black pepper. Stir in the tomatoes; reduce the heat to medium and cook 5 minutes.
- 3 - While beef mixture is cooking, cut the tops off the bell peppers, discarding the stem. Chop the tops and to the beef in the skillet. Remove and discard seeds and membranes and stand the peppers in the Air Fry Basket.
- 4 - Spoon the beef mixture into the peppers. Top each with the crushed tortilla chips and cheese. Spray the peppers with vegetable cooking spray.
- 5 - Press the On Button; set temperature at 350° F. Set time at 20 minutes. Select Preheat.
- 6 - When End Preheat signal sounds, slide the Basket into the Air Fryer. Air fry 20 minutes or until peppers are fork-tender, and mixture is heated through. Serve hot.





MOM'S MEATBALLS

Makes 12 | Recipe Level: Easy

Ingredients

- 3 thick slices day-old Italian bread
- 1/3 cup milk
- 1 1/2 pounds lean ground beef
- 2 eggs
- 1/2 cup grated Parmesan cheese
- 3 tablespoons finely chopped fresh parsley
- 3 tablespoons finely chopped fresh basil
- 1 clove garlic, minced
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper

Procedure

- 1 - Spray an Air Fry Tray with vegetable cooking spray.
- 2 - In a large bowl, soak the bread slices in milk until well moistened; lightly squeeze the bread to remove excess milk; pour out any excess milk in the bowl, then tear the bread into pieces in the bowl.
- 3 - Break up the ground beef into the bowl with the bread; add the eggs, cheese, parsley, basil, garlic, salt and pepper. Use a small wooden spoon or fork to mix well.
- 4 - Using slightly wet hands, form the mixture into 12 balls and place them on the Air Fryer Tray. Spray the meatballs lightly with olive oil spray.
- 5 - Press the On Button; select Meat. Set temperature at 350°F.; set time at 15 minutes. Select Preheat.
- 6 - When End Preheat signal sounds, slide the Tray into the Air Fryer in the middle rack position.
- 7 - Air Fry 10 to 12 minutes until nicely browned and cooked through the center.
- 8 - Remove and cool slightly.

NOTE: The meatballs can be enjoyed as is; added to homemade or prepared pasta sauce; or for meatball sandwiches.

ENGLISH MUFFIN PEPPERONI PIZZAS

Makes 6 | Recipe Level: Easy

Ingredients

- 3 English muffins, each split in half
- 1 tablespoon olive oil
- 1/2 cup marinara or favorite prepared pasta sauce
- 18 slices pepperoni
- 4 ounces mozzarella cheese, cut into slices
- 2 teaspoons grated Parmesan cheese
- 1 teaspoon dried oregano

Procedure

- 1 - Spray an Air Fry Tray with vegetable cooking spray; place the muffin halves on the Tray and brush with the olive oil
- 2 - Spread each half with sauce, then add pepperoni slices and top with mozzarella slices. Sprinkle each evenly with the Parmesan and oregano.
- 3 - Press the On Button; select Toast. Set time at 7 minutes.
- 4 - Air Fry the pizzas until the mozzarella is melted and nicely browned and the muffins are crisp-edged and heated through.
- 5 - Remove and serve hot.



GOLDEN MAC & CHEESE

Serves 2 to 4 | Recipe Level: Easy

Ingredients

- 8 ounces elbow macaroni
- 2 tablespoons all-purpose flour
- ½ teaspoon Kosher salt
- ½ teaspoon black pepper
- 2 cups milk
- 8 ounces shredded mild orange Cheddar cheese
- ¼ cup crushed buttery crackers
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons melted butter

Procedure

- 1 - Cook the macaroni in a medium saucepan of boiling salted water until barely tender, about 7 minutes; drain the macaroni well and place into a buttered 2-quart ovenproof baking dish.
- 2 - Stir together the flour, salt, and pepper; stir in 2 tablespoons cold water, then stir the mixture into the milk. Microwave milk mixture on High 3 to 5 minutes, until mixture is slightly thickened. Pour over the macaroni in the baking dish. Sprinkle in the Cheddar cheese and stir.
- 3 - Stir together the crushed crackers and the Parmesan; spread evenly over the macaroni and drizzle with melted butter.
- 4 - Arrange an Air Fry Tray in the Oven in the middle rack position. Press the On Button; select Bake. Set temperature at 375° F.; set time at 15 minutes. Select Preheat.
- 5 - When End Preheat signal sounds, place the baking dish on the Tray in the Oven. Bake until mixture is heated through, and top is crisp and dark golden brown. Let stand a few minutes before serving.



ANY DAY ROAST BEEF

Serves 6 | Recipe Level: Easy

Ingredients

- One 3-pound top round roast beef
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh thyme
- Kosher salt
- Black pepper
- Olive oil
- 4 small onions, each cut into quarters
- 8 medium red potatoes, each cut in half

Procedure

- 1 - Remove roast from refrigerator 30 minutes before ready to cook. Spray the Air Fry Basket with vegetable cooking spray.
- 2 - In a small bowl or cup, mix the garlic, parsley, rosemary, thyme, 1 teaspoon salt, and ½ teaspoon pepper. Rub the roast with olive oil, then pat the herb mixture over the roast.
- 3 - Place the roast in the Air Fry Basket and arrange the onion quarters and potatoes around the roast; sprinkle potatoes and onions with salt and pepper and spritz with olive oil spray.
- 4 - Press the On Button; select Meat. Set temperature at 400° F.; set time at 50 minutes. Select Preheat.
- 5 - When End Preheat signal sounds, use the Basket Handle to place the Basket in the Air Fryer; air fry for 15 minutes, then reduce temperature to 360° F. and continue to cook 20 to 35 minutes, checking for desired doneness with an instant-read thermometer (135° F. for medium-rare).
- 6 - Use the Basket Handle to remove the Basket from the Air Fryer to a plate to catch any drippings. Tent Basket with foil and let stand 10 minutes before placing the roast on a wooden board to slice. Remove onions and potatoes to a serving bowl.

NOTE: Cooking times are approximate. Use an instant read thermometer at regular intervals to ensure meat is cooked to your desired temperature.



CAULIFLOWER MARGHERITA PIZZA

Serves 1 or 2 | Recipe Level: Moderate

Ingredients

- 2½ cups frozen riced cauliflower, thawed
- 1½ cups shredded mozzarella, divided
- ½ cup grated Parmesan cheese, divided
- ¼ cup all-purpose flour
- 1 egg
- 1 teaspoon dried basil
- ½ teaspoon each Kosher salt and black pepper
- ½ cup pizza sauce
- 1 Roma tomato, sliced
- Fresh basil leaves

Procedure

- 1-Spread the thawed cauliflower on a clean kitchen towel. Wrap the towel around the cauliflower and twist it to squeeze out the water.
- 2-Place the cauliflower in a large bowl; add ½ cup shredded mozzarella, ¼ cup Parmesan, flour, egg, dried basil, salt, and pepper; mix well.
- 3-Line an 8-inch round cake pan with foil. Spray the foil and up the pan side with olive oil spray. Use a spoon to spread the mixture into the pan and partially up the sides to form a slight rim.
- 4-Press the On Button; select Bake. Set temperature at 400° F.; set time at 12 minutes. Select Preheat.
- 5-When End Preheat signal sounds, place the cake pan on an Air Fry Tray and slide the Tray into the Oven in the middle rack position.
- 6-When End Cook signal sounds, remove crust from the Air Fryer and invert the pan onto the second Air Fry Tray; remove and discard foil. Slide Tray into the Fryer in the highest rack position for 2 minutes to dry the crust.
- 7-Turn the crust over and spread the crust with pizza sauce; top with the remaining mozzarella, the tomatoes, and the remaining Parmesan.
- 8-Slide the pizza on the Tray into the Air Fryer in the highest rack position. Press the On Button; select Pizza. Cook until the cheese is melted and crust edges are browned and crisp. Tear basil leaves over pizza before cutting into wedges to serve.





EGGPLANT PARMESAN ROUNDS

Serves 2 to 4 | Recipe Level: Easy

Ingredients

- 1 medium eggplant
- ¼ cup all-purpose flour
- Kosher salt
- 1 cup seasoned breadcrumbs
- 1 egg
- ¼ cup grated Parmesan cheese

Procedure

- 1- Spray the Air Fry Trays with vegetable cooking spray.
- 2- Slice the eggplant crosswise into ½-inch slices. Arrange slices on paper towels; sprinkle with salt and let stand 15 minutes. Pat dry.
- 3- In a shallow bowl, beat the egg with 1/2 cup water, then stir in the flour to make a batter. In another shallow bowl, stir together the breadcrumbs and Parmesan.
- 4- Dip the eggplant slices in the batter, then in the breadcrumb mixture to coat. Arrange eggplant rounds on the Air Fry Trays. Spray the rounds with olive oil spray.
- 5- Press the On Button; set temperature at 360° F.; set time at 15 minutes. Select Preheat.
- 6- When Preheat End signal sounds, slide the Trays into the Fryer in the lowest and middle rack positions. Air fry for 10 to 15 minutes, until the eggplant rounds are crisp and nicely browned, turning rounds over halfway through cooking time and spraying lightly with olive oil spray.

NOTE: The eggplant rounds can be enjoyed just as they are as a side vegetable. Load them on buns for great veggie burgers or top them with marinara sauce and a slice of mozzarella and pop back in the Air Fryer on Reheat for a few minutes to melt the cheese.

SMOKE & SWEET POTATO WEDGES

Serves 4 | Recipe Level: Easy

Ingredients

- 2 medium sweet potatoes, about 1 pound
- ¼ teaspoon garlic powder
- 1 tablespoon olive oil
- ¼ teaspoon smoked paprika
- 1 teaspoon brown sugar
- ¼ teaspoon Kosher salt
- ¼ teaspoon chili powder
- ½ teaspoon black pepper

Procedure

- 1- Spray the Air Fry Trays with vegetable cooking spray.
- 2- Peel sweet potatoes and cut each lengthwise in half, then cut each half lengthwise into 4 wedges. In a pie plate or shallow bowl, toss the wedges with the olive oil.
- 3- In a cup or small bowl, stir the brown sugar, chili powder, garlic powder, paprika, salt, and pepper. Sprinkle the spice mixture over the wedges and lightly toss to evenly coat them.
- 4- Arrange the potatoes on the Trays.
- 5- Press the On Button; select French Fries. Set time at 20 minutes. Select Preheat.
- 6- When End Preheat signal sounds, slide the Trays into the Air Fryer in the highest and middle rack positions. Air fry 15 to 18 minutes until sweet potatoes are crisp and cooked through, turning them over after 10 minutes and rotating Trays middle to highest rack positions.



BUTTERMILK-BATTERED ONION RINGS

Serves 2 to 4 | Recipe Level: Easy

Ingredients

- ½ cup all-purpose flour
- 1 teaspoon sweet paprika
- ½ teaspoon Kosher salt
- 1 egg
- ½ cup buttermilk
- ½ cup Panko crumbs
- ½ cup cornflake crumbs
- 2 tablespoons vegetable oil
- 1 large sweet onion, such as Oso or Vidalia

Procedure

- 1-Spray the Air Fry Trays with vegetable cooking spray.
- 2-In a shallow bowl, stir together flour, paprika and salt; in a second shallow bowl, beat the egg and buttermilk. Stir half of the flour mixture into the egg mixture to make a smooth batter. In a third shallow bowl, combine the Panko, cornflake crumbs and the olive oil until oil is evenly distributed.
- 3-Slice the onion and separate into rings. Dip the rings into the flour, shaking off excess, then dip in the egg, and dredge in the crumb mixture. Place rings not touching on the Air Fry Trays.
- 4-Press the On Button; set temperature at 375°F. Set time at 15 minutes. Select Preheat.
- 5-When End Preheat signal sounds, slide the Trays into the Air Fryer in the highest and middle rack positions.
- 6-Air fry, turning rings over halfway through cooking, and lightly spraying with vegetable cooking spray, until onions are crispy and well-browned.



MAPLE-BAKED BUTTERNUT SQUASH

Serves 4 | Recipe Level: Easy

Ingredients

- 1 medium butternut squash, about 1 pound
- 1 teaspoon canola oil
- ½ cup maple syrup, divided
- ½ teaspoon ground cinnamon, divided
- 1 tablespoon butter, melted
- ⅛ teaspoon ground nutmeg
- 1 teaspoon chopped fresh thyme

Procedure

- 1-Spray an Air Fry Tray with vegetable cooking spray. Cut the squash lengthwise in half; remove and discard the seeds. Arrange squash halves on the Tray.
- 2-Brush the halves with the vegetable oil, then drizzle with 3 tablespoons of the maple syrup and sprinkle with half the cinnamon.
- 3-Press the On Button; select Bake. Set temperature at 400° F; set time at 20 minutes. Select Preheat.
- 4-When End Preheat signal sounds, slide Tray into the Air Fryer in the middle rack position. Bake 18 to 22 minutes until squash is nicely browned and tender when pierced with a fork. Remove and let stand a few minutes to cool, then cut the squash into cubes within the skin. Scoop the cubes out of the skin into a large serving bowl; toss lightly with the butter, remaining cinnamon, the nutmeg and thyme.



CHOCOLATE LAVA CAKES

Serves 4 | Recipe Level: Moderate

Ingredients

- ½ cup (1 stick) unsalted butter, divided
- ¼ cup unsweetened cocoa, divided
- 6 ounces semi-sweet chocolate, coarsely chopped
- 2 eggs
- 2 egg yolks
- ¼ cup sugar
- Pinch salt
- ⅛ teaspoon vanilla extract
- 2 tablespoons all-purpose flour
- Confectioners' sugar for dusting
- Vanilla ice cream or whipped cream for serving, optional

Procedure

- 1- Generously butter four 6-ounce ramekins and lightly coat each with some of the cocoa, shaking out and discarding the excess.
- 2- In a medium microwave-safe bowl, melt the remaining butter, remaining cocoa and the chocolate on High for 1 to 1½ minutes; stir until completely melted and combined; let cool slightly.
- 3- In another medium bowl, with a whisk or hand mixer at high speed, beat the eggs, egg yolks, sugar, and salt until thickened and pale. Stir in vanilla. Stir the egg mixture into the chocolate mixture, then gently fold in the flour.
- 4- Spoon the mixture into the coated ramekins. Place the ramekins on an Air Fry Tray.
- 5- Press the On Button; select Bake. Set temperature at 350° F.; set time at 12 minutes. Select Preheat.
- 6- When End Preheat signal sounds, slide the Tray into the Air Fryer in the lowest rack position. Check for doneness at 10 minutes. Cakes should be firm at the edges and still be soft in the center.
- 7- Remove and let stand 1 minute, then invert each onto a serving plate. Dust each cake with confectioners' sugar and serve with vanilla ice cream or whipped cream.



RASP-BURIED VANILLA CRÈME BRÛLÉE

Serves 4 | Recipe Level: Moderate

Ingredients

- ½ cup firm fresh raspberries, rinsed
- 1 vanilla bean
- 2 cups heavy cream
- ½ teaspoon salt
- 5 egg yolks
- ¾ cup sugar, divided

Procedure

- 1- Divide the raspberries evenly into four 6-ounce ramekins. Split the vanilla bean lengthwise in half and scrape out the seeds. Place the split bean and the seeds in a medium saucepan with the cream and salt. Cook and stir over medium heat until just below boiling, about 5 minutes; remove pan from the heat.
- 2- In a medium bowl, whisk the egg yolks and ½ cup of the sugar until light. Remove vanilla bean pod from the cream and discard. Slowly stir about ⅓ cup of the hot cream into the egg yolk mixture, then stir the egg yolk-cream mixture into the cream.
- 3- Divide the mixture evenly into the ramekins over the raspberries. Place ramekins into an 8-inch square baking dish. Place the baking dish on an Air Fry Tray. Pour hot water into the baking dish around the ramekins to reach about halfway up ramekins.
- 4- Press the On Button; select Bake. Set temperature at 300° F.; set time at 20 minutes. Select Preheat. When End Preheat signal sounds, carefully slide the Tray into the Air Fryer on the 1 rack setting. Air fry 20 minutes until centers are barely set. Chill at least 2 hours or over overnight.
- 5- When ready to serve, remove custard from the refrigerator. Press the On Button; select Bake. Set temperature at 350° F.; set time at 2 minutes. Divide the remaining ¼ cup sugar evenly over the cold custards. Place ramekins on an Air Fry Tray; slide Tray into Fryer on the highest rack position. Air fry 1 to 2 minutes, watching carefully, until sugar melts and bubbles.



QUICK APPLE-CINNAMON ROLLS WITH LEMON ICING

Makes 8 | Recipe Level: Easy

Ingredients

Cinnamon Rolls

- 1 sheet frozen puff pastry, thawed
- 1 small apple, peeled cored and chopped fine
- ¼ cup firmly packed brown sugar
- 2 tablespoons unsalted butter, softened
- 1 tablespoon ground cinnamon

Icing

- ½ cup confectioners' sugar
- 1 tablespoon lemon juice
- ⅛ teaspoon vanilla extract
- 1 tablespoon milk

Procedure

- 1- Spray an Air Fry Tray with vegetable cooking spray; line Tray with parchment paper to fit.
- 2- *Make the rolls:* Unroll the pastry sheet onto a piece of parchment paper; gently roll out the pastry to a 10 x 9-inch rectangle.
- 3- In a small bowl, mix the chopped apple, brown sugar, butter, and cinnamon until well combined. Spread the mixture evenly over the puff pastry sheet. Starting from one long end, roll up the sheet and firmly press the seam to seal. Using a serrated knife, cut the roll crosswise into 8 even pieces. Arrange the rolls, not touching on the Trays.
- 4- Press the On Button; select Bake. Set temperature at 375° F.; set time at 20 minutes. Select Preheat.
- 5- When End Preheat signal sounds, slide the Tray into the Air Fryer on the middle rack position. Bake until the rolls are crisp and golden brown. Remove rolls to a cooling rack while making the icing.
- 6- *Make the icing:* In a small bowl, stir the confectioners' sugar, lemon juice and vanilla. Add milk a little at a time, stirring until smooth and liquid enough to drizzle or spread. Drizzle over the rolls. Serve warm.





ONE-BOWL CHOCOLATE SNACK CAKE

Serves 8 | Recipe Level: Easy

Ingredients

- 1½ cups all-purpose flour
- 1 cup sugar
- ¼ cup unsweetened cocoa
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup water
- ⅓ cup vegetable oil
- 1 teaspoon white vinegar
- 1 teaspoon vanilla extract
- Confectioners' sugar for dusting

Procedure

- 1-** Slide an Air Fry Tray into the Air Fryer in the lowest rack position. Spray an 8-inch square baking pan with vegetable cooking spray.
- 2-** In a large bowl, stir flour, sugar, cocoa, baking soda, cinnamon, and salt. Add water, oil, vinegar, and vanilla; stir with a rubber spatula until combined.
- 3-** Pour the batter into the prepared pan. Place the pan on the Tray in the Air Fryer.
- 4-** Press the On Button; select Bake. Set temperature at 325° F.; set time at 25 minutes. Check for doneness at 18 minutes. Cake is done when toothpick inserted in center comes out with a few crumbs clinging to it.
- 5-** Remove pan to wire rack to cool 15 minutes. When cool dust with confectioners' sugar, cut into squares, and serve directly from the pan.

NOTE: This versatile cake can be frosted as desired; served with whipped cream and fresh berries; or with a scoop of ice cream on the side.

CARIBBEAN-SPICED BANANA CHIPS

Makes about 1 cup | Recipe Level: Easy

Ingredients

- ½ teaspoon ground allspice
- ½ teaspoon ground ginger
- ¼ teaspoon sweet paprika
- Pinch ground nutmeg
- 2 large firm ripe bananas, peeled
- ½ cup lemon juice

Procedure

- 1-** Spray the Air Fry Trays with vegetable cooking spray. In a small bowl, stir allspice, ginger, paprika, and nutmeg.
- 2-** Slice the bananas crosswise into thin slices about ¼-inch thick slices.
- 3-** Dip each slice in lemon juice, then place in single layer on Trays; sprinkle with the spice mixture.
- 4-** Press the On Button; select Dehydrate. Set temperature at 140° F.; set time at 10 hours. Select Preheat.
- 5-** When End Preheat signal sounds, slide the Trays into the Air Fryer on the lowest and highest rack positions.
- 6-** Check the banana slices a few times during the dehydrating time and turn slices over once after half the time. Reverse the Trays higher to lower rack positions after half the dehydrating time. When fully dehydrated, bananas should be firm, dry, and slightly crisp.
- 7-** Remove from Trays to a wire rack to cool completely; store airtight. Will keep for about 10 days.

NOTE: If extra-crisp banana chips are desired, increase cooking time one hour at a time, checking frequently.



Sur la table



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