



Sur la table
KITCHEN ESSENTIALS

RECIPE BOOK

COMPACT
AIR FRYER

5 QUART / 4.5 LITER

Air fry • Bake • Roast • Broil
Chicken • Fries • Fish • Meat

SE-1703-5

INCLUDES 10 DELICIOUS RECIPES



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CHICKEN QUESADILLA

Serves 1 to 2 | Recipe Level: Easy

Ingredients

- ½ cup shredded cooked white meat chicken
- ⅛ seeded red bell pepper, cut into thin strips
- ¼ teaspoon Kosher salt
- ⅛ teaspoon chili powder
- ⅛ teaspoon black pepper
- Two (8 inches each) flour tortillas
- ¼ cup prepared guacamole
- ½ cup shredded Cheddar cheese
- 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 6 | Recipe Level: Easy

Ingredients

- 6 egg-roll wrappers or wonton skins
- ½ teaspoon dried basil
- 3 (1 ounce each) cold string cheese sticks
- ½ 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 1 to 2 | Recipe Level: Easy

Ingredients

- ¾ pounds chicken wings, split at the joint and tips removed
- Kosher salt and coarse black pepper
- ½ tablespoons unsalted butter
- ½ cup hot sauce
- 1 dashes Worcestershire sauce
- 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.



MAIN DISHES



PISTACHIO PESTO-TOPPED SALMON FILLETS

Serves 2 | Recipe Level: Moderate

Ingredients

Pistachio Pesto

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

Salmon

- Two (6-ounces each) skin-on salmon fillets
- Kosher salt and black pepper
- ½ tablespoon lemon juice
- ½ tablespoon extra-virgin olive oil
- ⅛ 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.





MOM'S MEATBALLS

Makes 12 | Recipe Level: Easy

Ingredients

- 3 thick slices day-old Italian bread
- ½ cup milk
- ¾ pounds lean ground beef
- 2 eggs
- ½ cup grated Parmesan cheese
- 3 tablespoons finely chopped fresh parsley
- 3 tablespoons finely chopped fresh basil
- 1 clove garlic, minced
- 1 teaspoon Kosher salt
- ½ 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.

GOLDEN MAC & CHEESE

Serves 1 to 2 | Recipe Level: Easy

Ingredients

- 4 ounces elbow macaroni
- 1 tablespoons all-purpose flour
- ¼ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 1 cup milk
- 4 ounces shredded mild orange Cheddar cheese
- ½ cup crushed buttery crackers
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon 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.





MAPLE-BAKED BUTTERNUT SQUASH

Serves 2 | Recipe Level: Easy

Ingredients

- ½ medium butternut squash, about ½ pound
- ½ teaspoon canola oil
- 2 tablespoons of maple syrup, divided
- ¼ teaspoon ground cinnamon, divided
- ½ tablespoon butter, melted
- 1 dash ground nutmeg
- ½ 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.

SMOKE & SWEET POTATO WEDGES

Serves 2 to 4 | Recipe Level: Easy

Ingredients

- 2 medium sweet potatoes, about 1 pound
- 1 tablespoon olive oil
- 1 teaspoon brown sugar
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon Kosher salt
- ⅛ 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.



RASP-BURIED VANILLA CRÈME BRÛLÉE

Serves 2 | Recipe Level: Moderate

Ingredients

- ¼ cup firm fresh raspberries, rinsed
- ½ vanilla bean
- 1 cup heavy cream
- 1 dash of salt
- 3 egg yolks
- ⅓ cup sugar and 2 tablespoons sugar

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 ⅓ 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 ⅓ 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.





ONE-BOWL CHOCOLATE SNACK CAKE

Serves 6 | Recipe Level: Easy

Ingredients

- $\frac{2}{3}$ cups all-purpose flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup unsweetened cocoa
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup vegetable oil
- $\frac{3}{4}$ teaspoon white vinegar
- $\frac{3}{4}$ 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.

Sur la table

KITCHEN ESSENTIALS



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