



Sur la table
KITCHEN ESSENTIALS

RECIPE BOOK

AIR FRYER TOASTER OVEN

23 QT 0.78 CU FT

Air Fry • Bake • Broil • Toast
Roast • Pizza • Keep Warm

SE-1821

INCLUDES DELICIOUS RECIPES



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STARTERS & SIDES



RICOTTA & PEAR BRUSCHETTA

Serves 2 to 4

Ingredients

- 4 thick slices rustic whole wheat bread
 - 1 tablespoon extra-virgin olive oil
 - Kosher salt and freshly cracked black pepper
 - 1 cup whole milk ricotta
 - ½ teaspoon grated lemon zest
 - 3 tablespoons honey, divided
 - 1 red Anjou pear, cored and sliced thin
 - 2 tablespoons chopped walnuts
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Procedure

Brush each bread slice with some of the olive oil; sprinkle with salt and pepper. Place the slices, brushed-side-up on the Oven Rack. Slide Rack into the Oven in the highest rack position.

Select Toast; set temperature at 350° F; set time at 9 minutes.

While bread is toasting, in a small bowl stir ricotta, 1 tablespoon honey, the lemon zest, and ¼ teaspoon each salt and pepper.

When End Cook sounds, remove toasts from the Oven. Top each slice with ¼ cup ricotta mixture, then divide pear slices on each. Drizzle each with some of the remaining 2 tablespoons honey and sprinkle with walnuts.

STARTERS & SIDES



FIVE-SPICE CHICKEN WINGS & DRUMETTES

Serves 16

Ingredients

- 2 pounds chicken wings and drumettes
 - 1/3 cup honey
 - Kosher salt and black pepper
 - 1 tablespoon lower-sodium soy sauce
 - 1/3 cup all-purpose flour
 - 1 tablespoon unsalted butter
 - 1 teaspoon Chinese five-spice powder
 - 1/8 teaspoon cayenne pepper
 - 1/2 teaspoon garlic powder
 - 1 small scallion sliced, optional
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Procedure

Spray the Air Fryer Basket with vegetable cooking spray.

Pat wings and drumettes dry with paper towels. Season wings and drumettes liberally with salt and pepper.

In a shallow bowl stir flour, five-spice powder, garlic powder, 1/2 teaspoon salt and 1/4 teaspoon pepper.

Dredge wings and drumettes in flour mixture, shaking off excess and place in Basket.

Slide Basket into the Oven in the middle rack position. Select Air Fry; set temperature at 375° F; set time at 20 minutes, turning wings and drumettes over after 10 minutes. Test a few of the largest pieces for doneness with an instant-read thermometer; temperature should register 165° F when inserted into meatiest part of a wing or drumette.

In a small microwave-safe bowl heat honey, soy sauce, butter, and cayenne on High 20 seconds; stir well.

Brush honey mixture over the wings and drumettes on both sides and air fry 5 minutes more until glossy and deeply browned. If desired, sprinkle with the scallions before serving.

STARTERS & SIDES



FALAFEL WITH TAHINI SAUCE

Makes 12

Ingredients

Falafel

- 1 (15 to 16 ounce) can chickpeas (garbanzo beans)
- 1 small onion, coarsely chopped
- 4 small cloves garlic
- 1 cup lightly packed parsley
- ½ cup lightly packed cilantro
- ¼ cup lightly packed dill sprigs
- 2 teaspoons ground cumin
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- Pinch ground red pepper
- 1 tablespoon lemon juice
- ¼ cup all-purpose flour
- 1 teaspoon baking powder

Tahini Sauce

- 1 cup full-fat plain yogurt
- 1 tablespoon tahini
- 2 tablespoons lemon juice

Procedure

To make falafel: Drain the chickpeas into a colander; rinse under cold water. Place chickpeas on a doubled sheet of paper towels; pat very dry with another sheet of paper towel.

In a large food processor bowl fitted with the steel blade process the chickpeas, onion, garlic, the fresh herbs, cumin, salt, black pepper, red pepper, and lemon juice; process until mixed but not smooth; scrape down the bowl. Add flour and baking powder; process to incorporate. Scrape down the bowl and blade and remove mixture to a medium bowl. Cover and chill 30 minutes.

Spray the Air Fryer Basket with vegetable cooking spray. Using slightly wet hands form the chilled mixture into 12 balls and place in the Basket. Spray the falafel balls lightly with olive oil spray.

Slide Basket into the Oven in the highest rack position. Select Air Fry; set temperature at 375° F; set time at 20 minutes. Air fry until the balls are crisp and dark golden brown, turning them over after half the cooking time. Remove and serve warm with Tahini Sauce.

To make Tahini Sauce: In a small bowl stir yogurt and tahini, then stir in lemon juice.

STARTERS & SIDES



CHICKEN & BEAN QUESADILLA

Serves 1 or 2

Ingredients

- ½ cup shredded cooked white meat chicken
 - ¼ cup rinsed, drained cooked black beans
 - 1/8 seeded red bell pepper, cut into thin strips
 - ¼ teaspoon Kosher salt
 - 1/8 teaspoon chili powder
 - 1/8 teaspoon black pepper
 - 2 (10-inch) flour tortillas
 - 1/3 cup prepared guacamole
 - ½ cup shredded Cheddar cheese
 - 1 tablespoon pickled jalapeño slices, optional
 - 2 teaspoons olive oil
 - Prepared salsa and sour cream for serving
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Procedure

In a small bowl toss the chicken, beans and bell pepper strips with the salt, chili powder, and black pepper.

Spray the Air Fryer Basket with vegetable cooking spray; place one tortilla in the Basket.

Spread the tortilla with guacamole; scatter half the cheese over the guacamole. Add the chicken mixture, jalapeños, if using, and sprinkle the remaining cheese over all. Top with the second tortilla.

Brush tortilla with olive oil and secure with a toothpick through the center.

Slide Basket into the Oven in the middle rack position. Select Toast; set temperature at 375° F; set time at 10 minutes. Cook until cheese is melted and tortilla is crispy and heated through, checking for doneness at 6 minutes.

Remove and let stand a few minutes before removing toothpick. Serve with salsa and sour cream.

STARTERS & SIDES



EGG-ROLL WRAPPER MOZZARELLA STICKS

Serves 4 to 6

Ingredients

- Kosher salt
 - 12 (1 ounce) frozen string-cheese sticks
 - 12 egg-roll wrappers
 - 2 teaspoons Italian seasoning
 - 1 tablespoon vegetable oil
 - Favorite spicy marinara sauce for dipping
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Procedure

Spray the Air Fryer Basket with vegetable cooking spray.

Lay a frozen cheese stick diagonally over one egg-roll wrapper; sprinkle some of the Italian seasoning over the cheese and wrapper.

Starting with one corner, roll halfway up then carefully fold the sides of the wrapper in over the cheese stick. Continue rolling tightly to the end. Dip a finger in water and seal the edge of the wrapper from top to bottom.

Repeat with remaining wrappers and cheese sticks.

Place the wrapped sticks in the Air Fryer Basket not touching; brush each with the vegetable oil. Slide Basket into the Oven in the middle rack position.

Select Pizza; set temperature at 375° F; set time at 12 minutes. Air fry until lightly browned and crisp, turning rolls over and brushing with oil after half the cooking time.

Remove sticks from Basket and serve hot with marinara sauce.

VEGETABLES & SIDES



SMOKY SPICED SWEET POTATO WEDGES

Serves 4

Ingredients

Sweet Potatoes

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

Creamy Dipping Sauce

- ½ cup sour cream
- ½ cup mayonnaise
- 2 tablespoons small capers
- 1 tablespoon chopped scallions
- 1 tablespoon lime juice
- Kosher salt and cracked black pepper

Procedure

To make sweet potatoes: Spray the Air Fryer Basket with vegetable cooking spray.

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.

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.

Place sweet potato wedges in the Air Fryer Basket. Slide Basket into the Oven in the middle rack position. Select Air fry; set temperature at 375° F; set time at 12 minutes. Air fry until sweet potatoes are crisp and cooked through, turning them over after 6 minutes.

Serve with Creamy Dipping Sauce.

To make dipping sauce: In a small bowl stir sour cream and mayonnaise until blended. Stir in capers, scallions and lime juice. Season to taste with salt and pepper.

VEGETABLES & SIDES



RICE-STUFFED ZUCCHINI BOATS

Makes 8

Ingredients

Sweet Potatoes

- 4 small zucchini, each cut lengthwise in half
- 1 cup cooked rice
- 2 tablespoons melted butter
- 1/3 cup shredded Parmesan cheese, divided
- 1/2 cup tomato sauce
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup seasoned breadcrumbs

Procedure

Spray the Air Fryer Basket with vegetable cooking spray.

Scoop the insides out of the zucchini halves with a spoon. Chop the insides and place in a medium bowl. Add the rice, melted butter, all but 2 tablespoons of the Parmesan, the tomato sauce, parsley, garlic powder, salt and pepper to the bowl and mix well.

Fill the zucchini shells with the rice mixture. Top with the breadcrumbs and sprinkle with the remaining shredded Parmesan.

Arrange the zucchini in the Air Fryer Basket and spray lightly with olive oil spray.

Slide Basket into the Oven in the highest rack position. Select Bake; set temperature at 370° F; set time at 15 minutes.

Bake 12 to 15 minutes, until the cheese is melted, the crumbs are browned, and the zucchini and filling are heated through. Use kitchen tongs to remove zucchini boats from the Basket. Serve hot.

VEGETABLES & SIDES



SUPER SEAFOOD MAC 'N' CHEESE

Serves 6

Ingredients

- 12 ounces elbow or cavatappi macaroni
- 6 tablespoons unsalted butter, divided
- 1 small onion, chopped fine
- 4 ounces peeled and deveined medium shrimp, chopped
- 4 ounces each lobster meat, lump crabmeat, and small scallops
- 2 tablespoons all-purpose flour
- 2 cups warmed whole milk
- Kosher salt and black pepper
- ½ cup each shredded sharp Cheddar and Swiss cheese
- 1 cup crushed buttery crackers
- 2 tablespoons grated Parmesan cheese

Procedure

Slide Oven Rack into the Fryer in the lowest rack position. Butter a 2½ quart baking dish and set aside.

Cook the macaroni in a medium saucepot of boiling salted water until barely tender, about 9 minutes; drain and place in a large bowl.

In a medium skillet melt 2 tablespoons of the butter over medium heat. Add onion and cook until onion is tender but not browned. Add chopped shrimp, lobster, crabmeat and scallops; cook, stirring constantly, just until shrimp turn pink. Remove from heat and add to bowl with macaroni.

In a medium saucepan melt 2 tablespoons of the butter over medium heat; stir in flour and cook and stir 1 minute. Whisk in milk and continue to cook and whisk until smooth and slightly thickened. Season with salt and pepper, then stir in cheeses until smooth and thick. Pour cheese sauce over the macaroni in bowl and mix well. Spoon into buttered baking dish.

Melt the remaining 2 tablespoons butter. Stir together the crushed crackers and the Parmesan; spread evenly over the macaroni and drizzle with melted butter.

Place the baking dish on Rack in the Oven; select Bake; set temperature at 350° F; set time at 25 minutes. Cook until bubbling and heated through and top is golden brown and crusty.

MAIN DISHES



PORTOBELLO MUSHROOM BURGERS

Serves 4

Ingredients

- 1 medium onion, cut half and sliced thin
- 2 tablespoons olive oil, divided
- 3 tablespoon thick balsamic vinegar, divided
- Kosher salt and cracked black pepper
- 4 large portobello mushrooms caps
- 4 slices sharp Cheddar cheese
- 4 sesame seed-topped hamburger rolls
- Tomato slices and shredded lettuce

Procedure

In a medium bowl toss onion slices with 1 tablespoon olive oil, 1 tablespoon vinegar, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Place the onions in the Air Fryer Basket. Slide Basket into the Oven in the highest rack position. Select Air Fry; set temperature at 375° F; set time at 25 minutes. Shake onions in Basket at 6 minutes and continue cooking for 6 to 8 minutes until onions are softened and browned.

While onions are cooking wipe mushroom caps of any dirt with a damp paper towel. Gently rub caps with the remaining olive oil, then brush caps, top and bottom, with the remaining vinegar; season with salt and pepper. Arrange mushroom caps on top of onions in Basket. Continue cooking 10 to 12 minutes until mushrooms are tender and edges are browned. When cooking time ends top each mushroom with a slice of cheese. Let Basket sit in the Oven for 5 minutes to let cheese melt.

Remove Basket from the Oven. Divide onions over bun halves; layer each with tomato slices, mushroom caps, and shredded lettuce, ending with top half of hamburger roll.

MAIN DISHES



MAPLE & SOY-GLAZED SALMON

Serves 4

Ingredients

- ¼ cup pure maple syrup
 - 3 tablespoons reduced-sodium soy sauce
 - 2 teaspoons toasted sesame oil
 - 4 (6 ounce) skin-on salmon fillets
 - Kosher salt
 - Cracked black pepper
 - 2 teaspoons white and/or black sesame seeds, optional
-

Procedure

Spray the Air Fryer Basket with vegetable cooking spray.

In a medium bowl stir maple syrup, soy sauce and sesame oil. Season salmon fillets with salt and pepper, then add fillets to bowl and turn to coat. Cover and let marinate in refrigerator for 15 to 30 minutes.

Remove from refrigerator 15 minutes before ready to cook.

Remove fillets from marinade; reserve marinade. Arrange fillets in the Basket skin-side down; brush fillets with some of the marinade. Insert Basket into the Oven in the highest rack position. Select Roast; set temperature at 350° F; set time at 12 minutes. Check after 7 minutes and brush salmon with additional marinade. Continue to cook to desired doneness.

While salmon is cooking, in a small saucepan bring remaining marinade to a boil. Reduce heat and simmer a few minutes until liquid has reduced and thickened.

Use kitchen tongs to remove salmon from Basket to plates. Drizzle glaze over each salmon fillet and sprinkle, if desired, with sesame seeds.

MAIN DISHES



CAULIFLOWER MARGHERITA PIZZA

Serves 1 or 2

Ingredients

- 2 (10-ounce) packages frozen riced cauliflower, thawed
- 2 cups shredded mozzarella, divided
- ½ cup grated Parmesan cheese,
- ¼ cup all-purpose flour
- 1 egg
- 1 teaspoon dried basil
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 1/2 cup pizza sauce
- 2 Roma tomatoes, sliced
- Fresh basil leaves

Procedure

Slide Oven Rack in the Oven in the middle rack position.

Spread the cauliflower on a clean kitchen towel. Wrap the towel around the cauliflower and while standing over the sink, twist to squeeze out the water. Place the cauliflower in a large bowl; add 1 cup of the mozzarella, the Parmesan, flour, egg, dried basil, salt and pepper and mix well. Line a 9-inch round cake pan with foil to overhang pan by one inch. Brush or spray foil and pan side with olive oil. Use a spoon to spread the cauliflower mixture into the pan and partially up the side to form a slight rim.

Place the pan on Rack in the Oven. Select Pizza; set temperature at 400° F; set time at 14 minutes. Bake until crust is lightly browned but still slightly soft in center. Remove pan from the Oven; cool slightly, then lift crust directly into the Air Fryer Basket; remove and discard foil. Slide Basket into the Oven in the highest rack position for 5 minutes to dry crust.

Remove crust from the Oven. Spread with pizza sauce; top with the remaining mozzarella and the tomato slices. Return Basket to the Oven. Select Pizza; set time at 7 minutes. Cook until cheese is melted and crust edges are browned and crisp. Remove pizza to a cutting board. Tear basil leaves over pizza; cut into wedges to serve.

MAIN DISHES



PEPPERED NEW YORK STRIP STEAK

Serves 1 or 2

Ingredients

- 2 (16 ounce) New York strip steaks, each about 1 ¼-inch thick
 - 2 tablespoons freshly cracked mixed peppercorns
 - Kosher salt
 - 2 pats unsalted butter
 - 2 tablespoons olive oil
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Procedure

Remove steaks from the refrigerator about 45 minutes before ready to cook.

When ready to cook, select Roast; set temperature at 400° F; set time at 25 minutes. Allow the Oven to begin preheating. to begin preheating the Oven.

Spray the Air Fryer Basket with vegetable cooking spray.

Pat steaks dry with paper towels. Rub the steaks on both sides with the olive oil; season both sides of each steak generously with salt, and press peppercorns into both sides of each steak.

Place the steaks in the Basket and slide Basket into the Oven in the middle rack position.

After 8 minutes, turn steaks over. Cook 6 minutes, then check for desired doneness with an instant-read thermometer (135° F for medium-rare). If more time is needed, continue to cook a couple of minutes at a time, and check again using an instant-read thermometer.

Remove steaks from the Oven; place on a wooden board and let them rest for 10 minutes before cutting. Add a pat of butter on each steak just before serving.

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

MAIN DISHES



PANKO-CRUSTED COCONUT SHRIMP

Serves 4 to 6

Ingredients

Shrimp

- 1½ pounds extra-large shrimp, peeled, deveined, tails attached
- 1/3 cup all-purpose flour
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 2 eggs
- 1 cup unsweetened shredded coconut
- 2/3 cup Panko crumbs

Dipping Sauce

- 1 cup Greek yogurt
- ¼ cup coconut milk
- ¼ cup canned crushed pineapple
- 1 tablespoon chopped pickled jalapeños
- 2 teaspoons lime juice

Procedure

To make shrimp: Spray the Air Fryer Basket with vegetable cooking spray. Pat shrimp dry with paper towels.

In a shallow bowl stir together flour, salt, and pepper; in a second shallow bowl beat the eggs with 1 tablespoon water. In a third shallow bowl, stir the coconut and Panko crumbs.

Dip the shrimp in the flour mixture, shaking off any excess, then dip in the egg and finally in the coconut mixture to coat well. Place shrimp, not touching, in the Basket. Slide Basket into the Oven in the highest rack position.

Select Air Fry; set temperature at 350° F; set time at 12 minutes. Air fry until the shrimp are crisp and golden brown, turning shrimp over after half the cooking time. Serve with dipping sauce.

To make sauce: In a small bowl stir the yogurt and coconut milk until well mixed; stir in pineapple, jalapeños and lime juice.

DESSERTS



LEMON-ICED CINNAMON-NUT ROLLS

Makes 12

Ingredients

Cinnamon Rolls

- 12 tablespoons (1½ sticks) unsalted butter, softened
- 2/3 cup firmly packed brown sugar
- 2 tablespoons ground cinnamon
- ¼ cup chopped walnuts
- 2 sheets frozen puff pastry, thawed

Icing

- ½ cup confectioners' sugar
- 1 tablespoon lemon juice
- 1/8 teaspoon vanilla extract
- 1 tablespoon milk

Procedure

To make rolls: In a small bowl mix the butter, brown sugar and cinnamon until well combined. Spread half the mixture evenly over each puff pastry sheet, then sprinkle half the nuts over cinnamon mixture on each sheet.

Starting from one long end gently roll up each pastry sheet and firmly press the seams of each to seal. Using a serrated knife or thin kitchen twine cut each roll crosswise into 6 even pieces.

Spray the Baking Tray with vegetable cooking spray. Arrange the rolls, cut-side-up, close but not touching on Tray.

Slide the Oven Rack into the Oven at the middle rack position. Place Baking Tray on rack. Select Bake; set temperature at 400° F; set time at 12 minutes. Bake until rolls are crisp and golden brown, checking for doneness after half the cooking time. Remove rolls to a cooling rack while making the icing.

To make 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 or spread the icing over the rolls and serve warm.

DESSERTS



PEACHES & CREAM CROSTATA

Serves 8 to 10

Ingredients

- 2 pounds (about 5) firm ripe peaches
- ¼ cup packed brown sugar
- 1 teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 1 tablespoon all-purpose flour
- 8 ounces cream cheese, softened
- 1/8 teaspoon almond extract
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- 1 (7.05 ounce) refrigerated prepared pie crust
- 1 egg yolk mixed with 2 tablespoons milk

Procedure

Place Oven Rack in the Oven in the lowest rack position. Select Bake; set temperature at 400° F; set time at 50 minutes. Allow the Oven to begin preheating.

Pit and slice peaches; place slices in a large bowl with the brown sugar, ginger nutmeg, and flour; toss to mix well. Add lemon juice and almond extract and toss again. In a small bowl mix the cream cheese, granulated sugar, and vanilla until smooth and well blended.

Unroll pie dough onto a lightly floured piece of parchment paper; roll the pie dough out to a 13-inch circle. Spread the cream cheese mixture onto the pie crust to within 2 inches of edge. Using a slotted spoon, spoon the peaches over the cream cheese mixture; if desired, arrange slices in a circular pattern. Gently fold edges of pie crust up over the peaches about 2 inches all around. Spoon peach liquid from bowl over the peaches.

Brush crust edges with egg yolk mixture.

Use the parchment paper edges to gently lift and slide the filled dough onto Baking Tray. Cut away excess parchment paper, leaving about 1-inch around the dough.

Slide Baking Tray onto Rack in the Oven. Bake 25 to 30 minutes until crust is golden brown and peach mixture is bubbling. Remove Baking Tray from the Oven to a wire rack to cool. When cool, use a wide spatula to remove crosstata to a serving plate. Serve warm or at room temperature cut into wedges.

DESSERTS



CHOCOLATE-ESPRESSO CUPCAKES

Makes 12

Ingredients

Cupcakes

- 1½ cups all-purpose flour
- ½ cup each packed brown sugar and granulated sugar
- ¼ cup unsweetened cocoa
- 1 teaspoon baking soda
- ½ teaspoon each ground cinnamon and salt
- ½ cup each prepared espresso coffee and water
- 1/3 cup vegetable oil
- 1 teaspoon each white vinegar and vanilla extract

Frosting

- 6 ounces semisweet chocolate, chopped
- 1 cup (2 sticks) unsalted butter, softened
- 2 cups confectioners' sugar
- Pinch salt
- 1 teaspoon espresso powder
- 2 tablespoons heavy cream

Procedure

To make cupcakes: Slide Oven Rack into the Oven in the middle rack position. Line a 6-cup cupcake pan with paper or silicone liners.

In a large bowl stir flour, brown and granulated sugars, cocoa, baking soda, cinnamon, and salt. Add espresso, water, oil, vinegar, and vanilla; stir with a rubber spatula until combined. Fill each cupcake cup with batter 2/3 full.

Place pan on Rack in the Oven.

Select Bake; set temperature at 375° F. Check cupcakes for doneness at 20 minutes; cupcakes are done when toothpick inserted in center comes out with a few crumbs clinging to it. Remove pan to a wire rack to cool 10 minutes; remove cupcakes to wire rack until cool. Repeat with remaining batter.

To make frosting: Place chocolate in a microwave-safe bowl. Heat on High 1 to 1½ minutes until chocolate begins to melt; stir to melt completely; cool slightly. Using a hand mixer at high speed beat butter until fluffy; beat in sugar and salt, then chocolate. Stir espresso powder into cream then beat into sugar mixture until smooth. Frost cupcakes using a pastry bag or spatula.

Sur la table

KITCHEN ESSENTIALS



SCAN HERE to watch “How To” videos on best ways to “Enjoy” your air fryer and discover great new recipes as well.

Need Help?

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