



# AIR FYRER

QUICK START GUIDE,  
TIPS & TEMPS



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# GETTING STARTED

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This guide will help you navigate the ins and outs of the air fryer, a fantastic kitchen tool that can save you a lot of time and make grease-laden food a thing of the past.

We've used our air fryer to cook a large variety of things, from vegetables to cinnamon rolls, and all manner of frozen breaded foods! They turn out crispy and delicious, without all the extra oil of deep frying.

If you don't know exactly what an air fryer does, it circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

It is best for cooking things you normally would deep fry and want a crispy crust on, but it can also cook vegetables, chicken, shrimp, pork - you name it - without breading.

**Don't have an Air Fryer yet? [Our guide](#) will help you decide.**

You can use the air fryer to crisp food, obviously, but it has other uses.

You can actually roast a whole chicken or pork roast, reheat food quickly, and even dehydrate foods, like fruit and meats.

It's easy to cook in the air fryer. All it generally takes is adding the food and turning it on. Then you'll want to shake the basket at least once during cooking.

The best tip I can give is to always keep an eye on the food. You can increase or decrease the temperature and cook time to suit your needs.

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See our website for great air fryer recipes.



## STEP

# 1

## STEP

# 2

## STEP

# 3

### prep

Foods should fit comfortably in the basket and not be too crowded or stacked, for best results.

Use a max of 1 tbsp of oil on vegetables and potatoes to achieve the desired crispness. Frozen breaded foods don't require oil.

### preheating

We recommend 3 minutes of preheating. We've even found that preheating isn't always necessary.

Consult the time and temp guide below for the correct cooking time for your food. It may take more or less time, so be prepared.

### cooking

Check progress throughout cooking, shake the basket at least twice during cooking, and remove food when it reaches your desired level of brownness.

Remove food right when cook time is complete to avoid overcooking.



# AIR FRYER PRO TIPS

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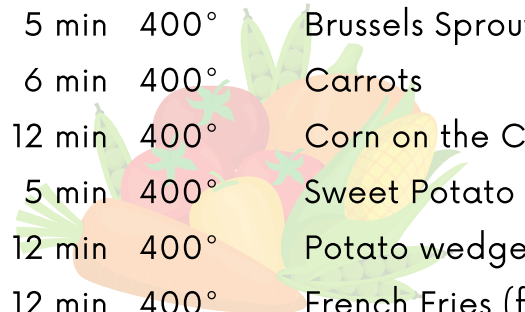
- For best cooking and crisping results, always preheat your air fryer for 3 minutes. However, it's fine to use it with no preheating.
- Don't use too much oil. Excess oil pools in the bottom of the machine and produces smoke.
- Only add oil to foods that don't have fat on them already. Frozen fried foods don't need oil. Vegetables benefit from being lightly oiled. Skin-on chicken thighs need no oil.
- For best results, shake your food or toss it with tongs at least once during cooking to get it as crispy as you want.
- Only use oil with a high smoke point, like vegetable, canola or peanut oil, to prevent over smoking. Sprays like Pam leave a sticky residue on the tray, so we don't recommend those.
- Always keep an eye on the food. Cooking times are not exact. You may need more or less time than expected.
- Don't overcrowd the basket. Not as much food can fit in the basket as you might think. It needs space in order to get crispy.
- Be careful with the hot surfaces of the air fryer. Only touch the handle while running, don't set the hot basket on a counter top.
- Don't tip over the basket to dump out the contents or hot oil may also pour out.



# COOKING TIMES CHEAT SHEET

## VEGETABLES


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Green Beans	5 min	400°	Brussels Sprouts	15 min	380°
Broccoli	6 min	400°	Carrots	15 min	380°
Cauliflower (florets)	12 min	400°	Corn on the Cob	6 min	390°
Asparagus	5 min	400°	Sweet Potato	30 min	380°
Squash	12 min	400°	Potato wedges	18-20 min	390°
Zucchini	12 min	400°	French Fries (from fresh)	20-24 min	390°

## MEATS

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Burger (4 oz)	8-10 min	375°	Chicken Breast	12 min	380°
Steak	12-18 min	390°	Chicken Tenders	8-10 min	360°
Meatballs	5 min	400°	Chicken Wings	12 min	400°
Pork Loin Roast	55 min	360°	Chicken Thighs (skin on)	22 min	380°
Pork Chops	12 min	400°	Chicken Drumsticks	20 min	370°
Bacon	5-7 min	400°	Whole Chicken	75 min	360°

## FISH & SEAFOOD

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Calamari	4 min	380°
Salmon Fillet	10 min	380°
Fish Fillet	10 min	400°
Tuna Steak	7-10 min	400°
Shrimp/Prawn	5 min	400°
Scallops	5 min	400°
Crab Cakes	12 min	350°

## FROZEN FOODS

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French Fries	14-18 min	400°
Chicken Nuggets	10 min	400°
Fish Fillet	10-14 min	400°
Mozzarella Sticks	8 min	400°
Gyoza	8 min	400°
Onion Rings	8 min	400°
Shrimp (breaded or not)	9 min	400°