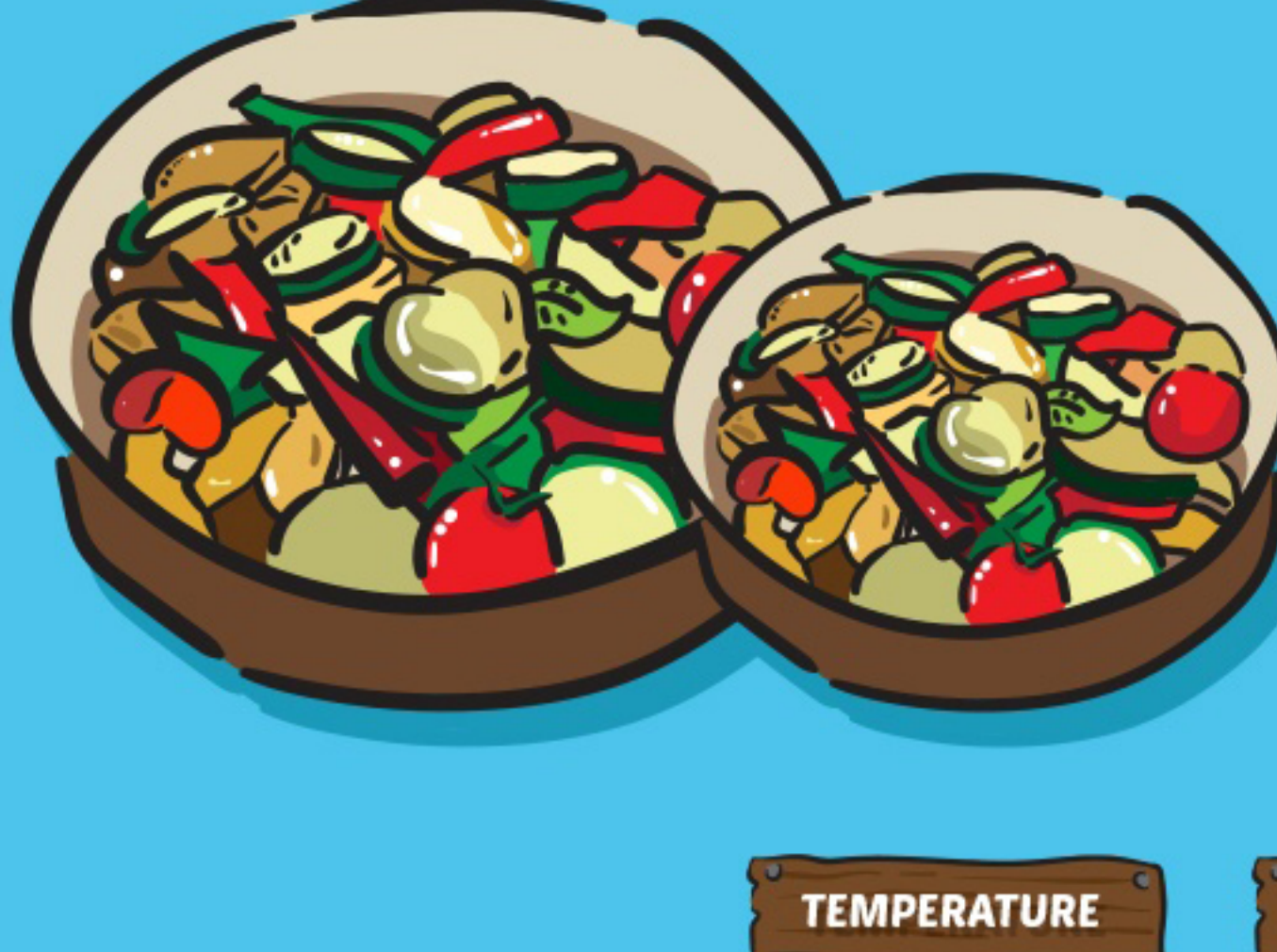


QUICK AIRFRYER CONVERSION CHART



VEGGIE AIRFRYING

	TEMPERATURE	TIME	OIL	NOTES
PUMPKIN FRIES	200°C/400°F	15 MINUTES	NO	SHAKE HALFWAY THROUGH
VEGGIE FRIES	180°C/360°F	18 MINUTES	2TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
BROCCOLI CHEESE QUICHE	180°C/360°F	20 MINUTES	NO	STEAM THE VEGETABLES FIRST
MIXED VEGETABLES	180°C/360°F	20 MINUTES	4TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
CAULIFLOWER BITES	180°C/360°F	20 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
VEGAN BALLS	180°C/360°F	20 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
CAULIFLOWER BURGERS	180°C/360°F	20 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
GARLIC MUSHROOMS	180°C/360°F	10 MINUTES	1TBSP OLIVE OIL	FOLLOW THE SAME RECIPE FOR ALL BREADED VEGGIES



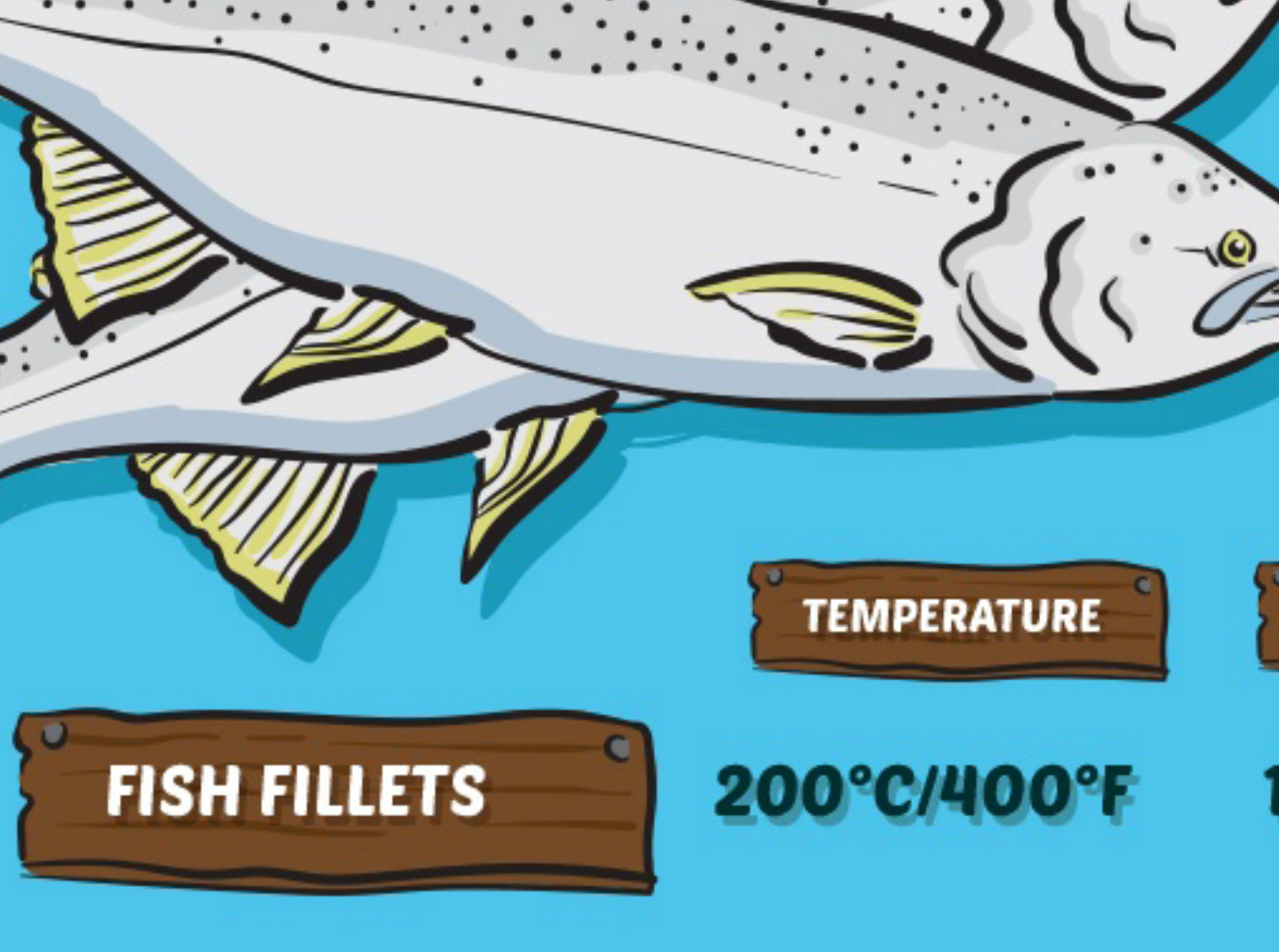
POTATO AIR FRYING

	TEMPERATURE	TIME	OIL	NOTES
FRENCH FRIES	180°C/360°F	25 MINUTES	4TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
CHEESE & BACON FRIES	180°C/360°F	17 MINUTES	2TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
CURLY FRIES	180°C/360°F	15 MINUTES	2TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
SWEET POTATO FRIES	180°C/360°F	15 MINUTES	3TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
ROAST POTATOES	180°C/360°F	12 MINUTES	2TBSP OLIVE OIL	SHAKE HALFWAY THROUGH
JACKET POTATOES	180°C/360°F	20 MINUTES	OIL FREE	USE FOR ALL JACKET POTATO RECIPES



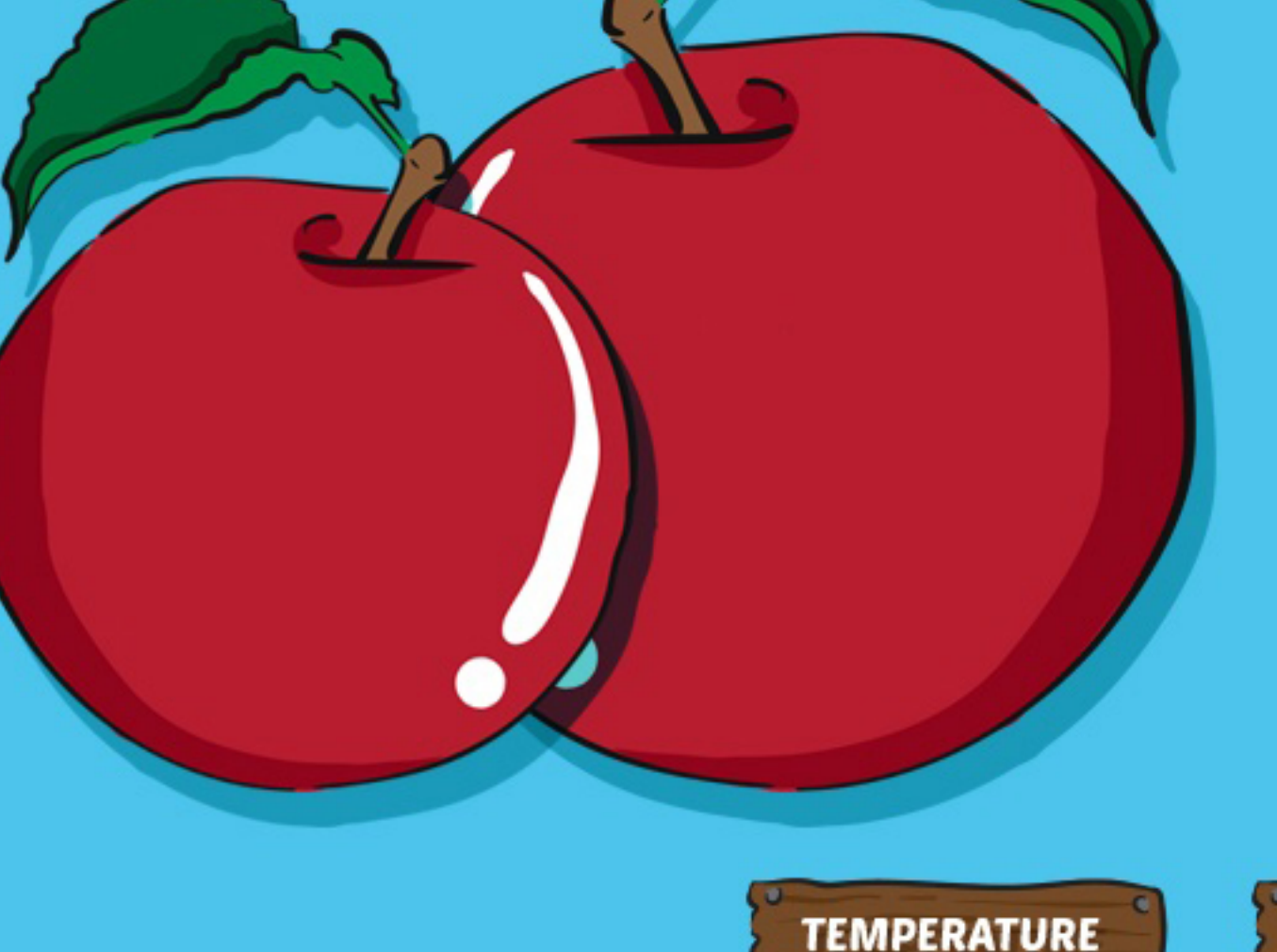
MEATY AIR FRYING

	TEMPERATURE	TIME	OIL	NOTES
CHICKEN BREAST (MEDIUM)	180°C/360°F	20 MINUTES	1TBSP OLIVE OIL	WRAP IN SILVER FOIL
WHOLE CHICKEN (SMALL)	180°C/360°F	40 MINUTES	2TBSP OLIVE OIL	TURN OVER HALFWAY THROUGH
CHICKEN DRUMSTICKS (6)	200°C/400°F	20 MINUTES	2TBSP OLIVE OIL	SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING
4 CHICKEN THIGHS (BONE IN)	180°C/360°F	20 MINUTES	2TBSP OLIVE OIL	SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING
8 CHICKEN WINGS	180°C/360°F	15 MINUTES	4TBSP OLIVE OIL	SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING
4 CHICKEN LEGS	180°C/360°F	20 MINUTES	2TBSP OLIVE OIL	SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING
BREADED CHICKEN BREASTS	180°C/360°F	15 MINUTES	OIL FREE	COOK IN THE AIRFRYER BAKING PAN
CHICKEN KEBABS	180°C/360°F	9 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
CHICKEN & POTATOES	180°C/360°F	15 MINUTES	3TBSP OLIVE OIL	TURN OVER HALFWAY THROUGH
CHICKEN BURGERS	180°C/360°F	30 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
POT PIE	180°C/360°F	15 MINUTES	OIL FREE	CAN BE USED FOR ANY MEAT OR FISH OR VEGETABLES
MEATBALLS (12)	180°C/360°F	12 MINUTES	OIL FREE	COOK IN THE AIRFRYER BAKING PAN
PORK LOIN (MEDIUM)	180°C/360°F	45 MINUTES	4TBSP OLIVE OIL	TURN OVER HALFWAY THROUGH
BACON RASHERS (6)	180°C/360°F	5 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
6 THICK SAUSAGES	180°C/360°F	12 MINUTES	OIL FREE	CAN MAKE THE KITCHEN SMOKEY FROM THE SAUSAGE FAT
LAMB/PORK CHOPS	180°C/360°F	10 MINUTES	3TBSP OLIVE OIL	COOKS BEST IN THE AIRFRYER GRILL PAN
4 BURGERS	180°C/360°F	18 MINUTES	OIL FREE	COOKS BEST IN THE AIRFRYER GRILL PAN
SIRLOIN STEAK	200°C/400°F	10 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
STEAK & CHIPS	180°C/360°F	28 MINUTES	3TBSP GHEE	SHAKE HALFWAY THROUGH



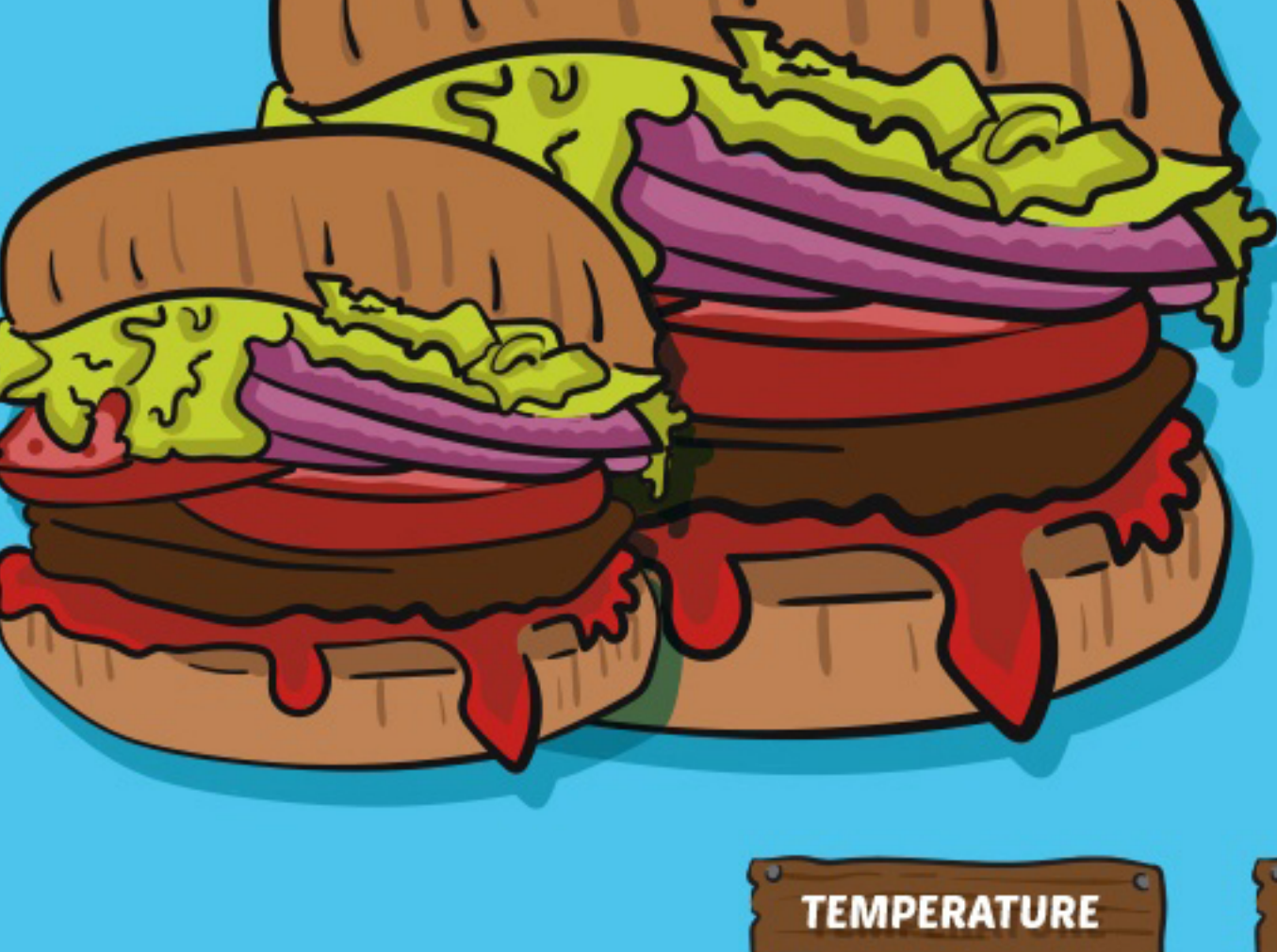
FISHY AIR FRYING

	TEMPERATURE	TIME	OIL	NOTES
FISH FILLETS	200°C/400°F	10 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
FISH FINGERS	200°C/400°F	8 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
SALMON FILLET	190°C/380°F	12 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
TUNA STEAK	190°C/380°F	8 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
FISH CAKES	180°C/360°F	15 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
BREADED PRAWNS	180°C/360°F	8 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
PRAWNS	180°C/360°F	5 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
CALAMARI RINGS	180°C/360°F	8 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH



SWEET AIR FRYING

	TEMPERATURE	TIME	OIL	NOTES
6 MUFFINS	180°C/360°F	20 MINUTES	OIL FREE	USE FOR ALL MUFFINS
MUG CAKES	180°C/360°F	15 MINUTES	OIL FREE	USE FOR ALL MUG CAKES
BANANA BREAD	180°C/360°F	25 MINUTES	OIL FREE	FOLLOW THIS FOR ANY FRUITY BREAD
DOUGHNUTS	180°C/360°F	15 MINUTES	OIL FREE	FOLLOW THIS FOR ANY LARGE DOUGH
CUPCAKES	180°C/360°F	8 MINUTES	OIL FREE	PERFECT FOR ALL CUPCAKE BATTERS
FRUIT CRUMBLE	180°C/360°F	15 MINUTES	OIL FREE	PERFECT FOR ALL FRUITY CRUMBLES OR PIES
APPLE CHIPS	180°C/360°F	10 MINUTES	1TSP OLIVE OIL	SHAKE HALFWAY THROUGH
COOKIES	180°C/360°F	10 MINUTES	OIL FREE	PERFECT FOR ALL SOFT COOKIE RECIPES



FAST FOOD FRYING

	TEMPERATURE	TIME	OIL	NOTES
ONION RINGS	180°C/360°F	8 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
CHICKEN NUGGETS	180°C/360°F	10 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
MOZZARELLA STICKS	180°C/360°F	3 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
CHICKEN SCHNITZEL	180°C/360°F	12 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH
CHICKEN DIPPERS	180°C/360°F	15 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
PIZZA	180°C/360°F	8 MINUTES	OIL FREE	PERFECT FOR ALL PIZZA RECIPES
FISH & CHIPS	180°C/360°F	15 MINUTES	OIL FREE	SHAKE HALFWAY THROUGH
BURGERS	180°C/360°F	16 MINUTES	OIL FREE	TURN OVER HALFWAY THROUGH