

The Ultimate Guide to the AIR FRYER



What Is an Air Fryer?

An air fryer is an innovative kitchen appliance for cooking chips, fish, fries, chicken, and pastries. Unlike a regular fryer, it uses less oil and works by circulating hot air around the food. With this gadget, you can enjoy delicious home cooked meals without the guilt. The air fryer can bake, grill, fry, and roast your favorite foods the healthy way.

Brief History

Air fryers were first launched in Australia and Europe in 2010, followed by North America and Japan. Today, they are a staple of the modern kitchen. The Japanese use air fryers for making fried prawns, in the Netherlands and the UK, this gadget is used for cooking chips. Americans prepare chicken wings in their air fryers. Indians use them for making samosa.





How Does It Work?

This revolutionary gadget looks like a rice cooker with a metal tray that holds food. With the air fryer, you'll get perfect fries and meat dishes in 10 to 25 minutes. Thanks to this appliance, your meals will contain up to 80 percent less fat. Food tastes like it's perfectly fried, but without the extra calories. Most dishes require just a tablespoon of oil. Most air fryers include accessories like a non-stick grill pan, a baking pan, or a double layer rack for cooking all sorts of foods.

What Can You Cook?

**Vegetable
chips**

Kebabs

**Chicken
wings**

Fries

Meatballs

**Roasted
veggies**

Crisps





Chicken nuggets

Fish and chips

Crispy duck pies

Salmon croquettes

Pigs in blankets

Potato wedges

Pork chops

Steak

Cheese sticks

Hamburger

Chicken breast

Cake

Why Use an Air Fryer?



Cook amazing wings and crisp fries with less oil



Roast and bake delicious foods



Spend less time cooking

Full flavour, zero guilt



Simple baking

Cleaner frying



Improved overall health

Lower cholesterol levels



Cook multiple dishes at once



Use up to 80% less oil



Safer and more convenient than regular deep frying

No unpleasant odours



Air Fryer Recipes

- ✔ Fried meatballs in tomato sauce
- ✔ Roasted winter vegetables
- ✔ Cajun prawns
- ✔ Stuffed garlic mushrooms
- ✔ Crispy fried spring rolls
- ✔ Teriyaki halibut steak
- ✔ Homemade pizza
- ✔ Fish nuggets
- ✔ Cheese on toast
- ✔ Jerk chicken wings
- ✔ Bacon wrapped chicken
- ✔ Pork tenderloin with green peppers
- ✔ Chocolate cake
- ✔ Chocolate muffins
- ✔ Fruit crumble
- ✔ Apple strudel
- ✔ Spring rolls



Recipe
This

recipethis.com