The Air Fryer Bucket List

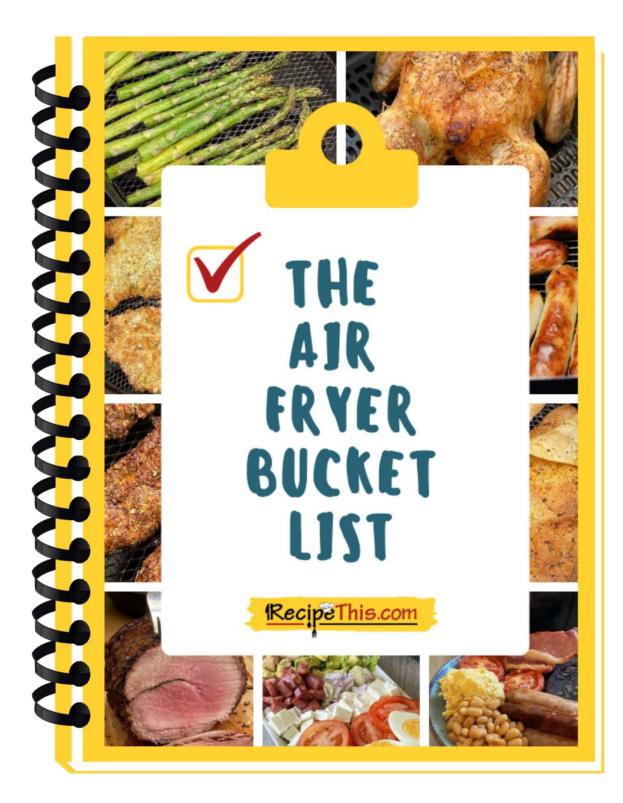


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Introduction

Thank you so much for downloading the **air fryer bucket list** and I can't wait to share with you the 30 most bucket list worthy air fryer recipes.

I wanted to create something for air fryer beginners or long term air fryer users, that could have a recipe list to work their way through, that are essential recipes to make in the air fryer.

Air fryer recipes you make, and think **wow, I am so glad I bought that air fryer to make this!** And air fryer recipes that you will make regularly and how you can make variations and really grow your air fryer knowledge.

All our ebooks including this one, is inspired by our readers. We love to provide them with what they want, and modifications and updates have been made thanks to reader suggestions. So, in a way our ebooks are written by readers like you.

This is the latest version of our air fryer bucket list with many of the recipes voted for by our readers.

If you do have a specific request, <u>please contact us</u> and we can see what we can do!

But before you scroll through and plan the recipes you want to try, let me share more about how our ebooks work, who we are and how these ebooks can help you.



About the authors – You can read more about us in much more detail <u>on our about page on</u> <u>our blog</u> or through the stories we share in our <u>weekly kitchen gadget newsletter</u>. But in a nutshell, we are the Milner family, and we live in the popular Yorkshire town of Beverley in northern England.

We spent 13 years of our lives living in Portugal and our two youngest children were born in the Algarve.

Recipe This is very much a family affair, with Kyle our eldest son working on graphics design and video editing, our daughter Sofia loving to take many of the photos on my Iphone, which is not bad for age 7, and Jorge our youngest son who loves to help us cook.

I am Samantha and write everything you read on RT, and my husband Dominic does all the technical things and worked as a chef many years ago making him perfect for advising our readers about the gadgets. We have great fun creating new recipes for you and have a worldwide audience with a common love for kitchen gadgets.

Our kitchen gadget experience – We have owned an air fryer since 2011, an instant pot since 2016, a bread maker since 2003, a slow cooker since 2000 and a soup maker since 2014. We love sharing our wealth of experience of kitchen gadgets with our readers. If you are new to kitchen gadgets and have questions, remember to email us and we will do our best to help you.

The Food – We like simple. We are parents to two under 8s and have three adults to feed daily. We prefer to enjoy a family dinner rather than eat out and the food you see on our blog and in our ebooks are based around simple delicious food. Recipes feature everyday ingredients and easy methods to follow. Small prep times and perfect for putting your feet up while you wait for your food to cook.

Frugal Cooking – I am obsessed with saving money on groceries and many friends and family laugh at me for my grocery obsessions. Well mainly Dominic when he is calling me tight when I use one ladle of leftover soup in another meal. Our recipes don't have expensive ingredients and it's easy to sub ingredients for what you have in your pantry. Or if you live in a different part of the world your local alternative.

Free Newsletter – Plus, <u>don't forget to subscribe to our weekly newsletter</u>, which is the first place you can hear about and read our newest air fryer recipes and learn more about air fryers. It also features other kitchen gadgets too so if you have a soup maker, slow cooker, instant pot etc, then that is covered too!

Worldwide Cooking Conversions

We appreciate we had a worldwide audience, and we all have different food ingredients, food measurements and food names and we created this page to make it even easier for you to understand our recipes.

Cooking Temperatures – Did you know that we mainly cook with low, medium or high and that this equates to doubling and halving the temperature to quickly convert it for **YOU**? For example, 160c = 320f, 180c = 360f and 200c = 400f. You can't get easier than that for a conversion. Though we try our best to include both in recipe instructions.

Measurements – Being based in the UK we work in litres, teaspoons, tablespoons, and grams. But to make it easier for our readers that are not metric, we recommend the following. Though do note where appropriate most of our recipes also include ounces or cups when we can:

- **1 Litre = 1000ml** = almost 4 cups so think 1 cup = 240ml or that when using your cups that you can easily divide it in your head as you do a recipe. Or when doing recipes with ml you can also think that 1tbsp = 15ml.
- **1 Kilo = 2.2pounds** = I love this because like with temperatures you can double it to get an approximate pound weight.
- Our meats are often smaller = Use common sense to adjust meat recipes as often our cuts of meat are smaller than that of American. Our chickens often weigh just 2 pounds and our gammon (cured ham) often weigh 2 pounds with the Christmas version weighing 5 pounds.

Recipe ingredients that vary throughout the world that are often mentioned in our recipes that mean the same thing, just are called something different from country to country:

- Tinned Tomatoes = Canned Tomatoes
- Garlic Puree = Minced Garlic
- Soft Cheese = Cream Cheese
- Quark = Fat Free Cream Cheese
- Swede = Rutabaga or Neeps
- Courgette = Zucchini

Seasoning Swaps – We all have different brands of seasonings and have a different name for them so here is a few we mention that maybe confusing:

- Mixed herbs = A popular mixed herb seasoning featuring basil, oregano, rosemary, sage and thyme. You can sub it for Italian seasoning.
- **Mixed Spice** = A popular European seasoning that features cinnamon, coriander, caraway, nutmeg, cloves, all spice, and mace.
- **Bouquet Garni** = The French version of mixed herbs made famous by Julia Childs and Gordon Ramsay. You can swap it for any mixed herbs jar.
- **Coriander** = Also known as cilantro in some parts of the world and popular in Asian cooking.
- **OXO Cube** = Similar to a bouillon cube and great for quickly seasoning soups and stews. We also often use frozen stock cubes which is from homemade stock frozen into ice cube trays.

Also, if you have not done so already, <u>when you subscribe at Recipe This</u> there is some free international conversion guides for you to download for free.

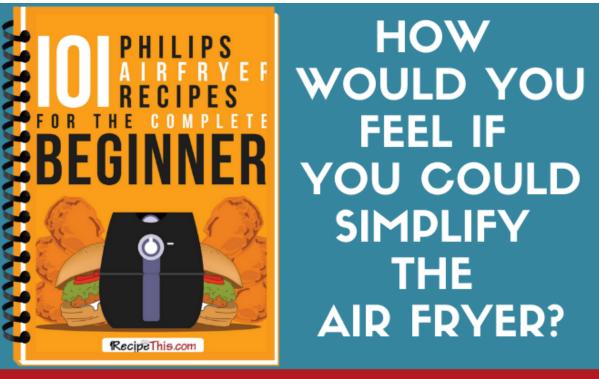
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Recipe This Ebooks

We have released lots of kitchen gadget cookbooks since we started RecipeThis.com back in 2015 and here are the reader favourites:

- 101 Instant Pot Recipes For Beginners
- 101 Air Fryer Recipes For Beginners
- Learn Your Air Fryer Course (52 week course)
- Learn Your Instant Pot Course (52 week course)
- <u>Air Fryer Frozen Food Recipes</u>
- Instant Pot Freezer Recipes
- Soup Maker Archives (all our soup maker recipes)
- <u>Slow Cooker Archives (all our slow cooker recipes)</u>

Ps. Note that the 101 air fryer recipes for beginners is what we recommend newbies to the air fryer purchase first!



PURCHASE 101 AIR FRYER RECIPES FOR BEGINNERS HERE!!!

Air Fryer Frozen French Fries

Prep Time

Cooking Time

Total Cook Time 12 Mins Servings

4

Ingredients:

Pack McCains Quick Cook Crispy French Fries Sea Salt



Method:

1. Preheat the air fryer at 180c/360f.

2. Place the frozen fries inside of the air fryer and cook for 12 minutes at 180c/360f.

3. Serve with sea salt and your favourite sauce.

Notes:

Cooking with frozen fries is easy. They have already been prepared for you so you don't need to add oil or shake the fries during the cooking process. The maximum that you can cook at once in the <u>Philips XL</u> is 750g of Frozen French Fries. Remember to adjust this depending on the size of your air fryer.

Though if using quick fries, all you need is 5 minutes at 180c/360f and they are DONE.

Vegetables. I added in 5 diced carrots and a small zucchini. Though you can mix and match this with which ingredients you have in.

Air Eryer Hard Boiled EggsYrep TimeCooking TimeTotal Cook TimeServings3 Mins16 Mins19 Mins8ConservenceServingsServings

Method:

- 1. Load eggs into the air fryer basket, making sure none of them are cracked. Set the temperature to 120c/250f and cook for 16 minutes.
- 2. When the air fryer beeps quickly remove the eggs and place them in a cold jug of water.
- 3. One by one peel the eggs, using the technique in the video below for perfectly peeled hard boiled eggs.

Notes:

Time. Note that the cook time will vary if you are using a low performing air fryer or if your eggs are a different size. I recommend you play about with the cook times to get your perfect air fryer eggs.

Quantities. You can do up to 12 eggs at once in your air fryer basket. Though because we are normally feeding between 1-4 people it will vary between 2-6 for us.

How To Cook Asparagus In Air Fryer

Prep Time 0 Mins Cooking Time

Total Cook Time 11 Mins Servings 2

Ingredients:

250 g/8.82 oz Asparagus Salt & Pepper Extra Virgin Olive Oil Spray 8 g/0.28 oz Butter 30 g/1.06 oz Grated Cheese



Method:

- 1. Chop the bottoms off the asparagus and season with salt and pepper.
- 2. Place in the air fryer basket making sure that they fit and then spray with extra virgin olive oil. Air fry for 8 minutes at 180c/360f.
- 3. Remove the asparagus and add a layer of foil in the air fryer basket. Add the asparagus back in and add small bits of butter and grated cheese.
- 4. Air fry for a further 3 minutes at 200c/400f before serving.

Notes:

Butter. You really don't need a lot of butter, just a small quantity that you can cut into super tiny pieces and that will melt over the asparagus.

Size. Note that sometimes the asparagus can be too long and either needs a little extra removing from the ends or slicing in half to fit. Go with what works best with your air fryer.

Air Frye	er Frozen	Corn On T	he Cob
Prep Time	Cooking Time	Total Cook Time	Servings
2 Mins	15 Mins	17 Mins	3
Ingredients:			
6 Frozen Corn On T	he Cobs		
2 Tsp Butter Salt & Pepper			

Method:

- Place your frozen corn on the cob into the air fryer basket and cook for 12 minutes at 180c/360f.
- 2. When the air fryer beeps remove the corn. Place a layer of silver foil into your air fryer basket and then sit your cooked corn on the cob over it. Season your corn with salt and pepper and add a little bit of butter to each corn.
- 3. Cook for a further 3 minutes at 200c/400f. When the air fryer beeps roll your corn in the butter that has dropped down into the silver foil.

Notes:

Butter. Everything tastes better with butter, but if you are on a diet, you can leave out the last 3 minutes as your corn on the cob is cooked at 12 minutes. Its just about the finishing touches!

Air Fryer Vegetable Fries

Prep Time	Cooking Time	Total Cook Time	Servings
5 Mins	32 Mins	37 Mins	4

Ingredients:

2 Medium Carrots 1 Medium Zucchini 200g/7.05 oz Butternut Squash 200g/7.05 oz Sweet Potato 1.5 Tsp Extra Virgin Olive Oil 2 Tsp Oregano 2 Tsp Thyme Salt & Pepper



Method:

- 1. Slice and dice your vegetables. Peel any vegetables that need peeling and give them a quick wash.
- 2. Mix the veggies in a bowl with the seasoning and extra virgin olive oil.
- 3. Place in the air fryer basket and cook for 20 minutes at 180c/360f.
- 4. Shake the air fryer vegetables and cook for a further 12 minutes at the same temperature.
- 5. Serve with your favourite dipping sauce.

Notes:

WW. These vegetable fries are ideal for both Weight Watchers and Slimming World. That is because the only food that is not free is the extra virgin olive oil. Split that between four people and its just 1/3 of a teaspoon per person. Plus some always travels into the bottom of the air fryer.

Swaps. Mix and match whichever vegetables that you have in. I love butternut squash and sweet potatoes the most, but any I have mentioned in this recipe work well.

Crispy. I cooked my veggie fries for an extra 12 minutes to improve on the crisp. If you don't want them crispy, then you can stop the cook time at 20 minutes.

Air Fryer Brown Derby Cobb Salad

Prep Time 10 Mins Cooking Time

Total Cook Time

Servings 2

Ingredients:

Brown Derby Cobb Salad Ingredients:

4 Medium Tomatoes 150g/5.29 oz Lettuce 100g/3.53 oz Feta Cheese 1 Large Avocado ¹/₄ Red Onion For The Air Fryer: 4 Large Eggs 100g/3.53 oz Bacon Bits 2 Medium Chicken Breasts 1 Tsp Oregano Salt & Pepper **Cobb Salad Dressing:** 1 Tbsp Balsamic Vinegar 1 Tbsp Extra Virgin Olive Oil 1 Tbsp Honey 1 Tsp Mustard 1/2 Tsp Garlic Puree 2 Tsp Water



Method:

- 1. Season chicken breasts with oregano, salt and pepper and place in the air fryer with the eggs. Air fry for 16 minutes at 120c/250f.
- 2. Whilst the eggs and chicken are air frying make your cobb salad dressing. Load all vinaigrette ingredients into a bowl and mix.
- 3. Then chop and clean your lettuce and toss in the dressing. Then layer your lettuce in your salad dish.
- 4. When the air fryer beeps remove the eggs from the air fryer and replace with the bacon bits. Then remove the chicken breasts and chop into strips and cook for a further 6 minutes at 180c/360f.
- 5. Whilst the bacon and chicken are cooking do the rest of your salad. Dice your avocado, peel and slice your red onion, slice your tomatoes, and chop up your cheese. Then layer in your salad. Peel and slice in

half your hard boiled eggs and add these too. Then sprinkle your eggs and tomatoes with salt. When the air fryer beeps, find a section for your bacon and chicken and then serve.

Notes:

Swaps. You can mix and match your salad ingredients and treat it like the original Brown Derby Salad by having a fridge raid of what you have in. For example, any crumbly cheese will do the trick and we used feta. Just like we didn't have any chives and just used a basic summer lettuce.

Size. Go for a dish that is wide and it will make it easier to assemble the cobb salad.

Chicken. I find that the chicken is 75% cooked when I remove the eggs from the air fryer. Also, because the chicken has cooked at a much lower temperature it is more moist than usual. Then the chicken will finish cooking with the bacon.

Air Fryer Truly Crispy Baby Potatoes

Pre	b.	T	ime	
2	Μ	i	ns	

Cooking Time 17 Mins Total Cook Time 19 Mins Servings

2

Ingredients:

500g/17.64 oz Baby Potatoes 1 Tsp Olive Oil 2 Tsp Steak Seasoning Sea Salt Fresh Parsley



Method:

1. Place your baby potatoes in a mixing bowl.

2. Add your marinade ingredients to the mixing bowl and mix well with your hands.

3. Place the baby potatoes (with their marinade) into the air fryer and cook for 17 minutes at 160c/320f.

4. Serve warm with fresh parsley.

Notes:

As an optional extra you could add butter, but I preferred it without and olive oil gives baby potatoes such a lovely taste.

Air Fryer Baked Potato

Prep Time	Cooking Time	Total Cook Time	Servings
5 Mins	38 Mins	43 Mins	6

Ingredients:

6 Medium White Potatoes 2 Tbsp Butter 1 Tbsp Extra Virgin Olive Oil Salt & Pepper 3 Cans Tinned Tuna 100g/3.53 oz Frozen Corn 3 Tbsp Mayonnaise 50g/1.76 oz Grated Cheese



Method:

- 1. Prepare the baked potatoes. Prick your potatoes with a fork on the top, bottom, and sides. Rub with extra virgin olive oil and season with salt and pepper. Load into the air fryer basket.
- 2. Air fry baked potatoes for 20 minutes at 200c/400f. Turn and cook for a further 15 minutes on the other side.
- 3. Plan baked potato fillings. Drain canned tuna, rinse frozen corn until it softens and mix in a bowl with mayonnaise.
- 4. Put baked potatoes together. Cut open baked potatoes and add butter, tuna, and sweetcorn filling and top with cheese. Load back into the air fryer basket and allow the cheese to melt. A quick 3 minute cook time on the same temperature should do this.

Notes:

In the Milner's we love tuna and sweetcorn for our baked potatoes, but you can mix and match with your favourite fillings.

Adjust the baked potato cooking time if you have bigger or smaller white potatoes.

Air Fryer Flour Tortilla Chips

Prep Time

Cooking Time

Total Cook Time

Servings 4

Ingredients:

6 Tortilla Wraps

- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Cajun Seasoning



Method:

- 1. Place your extra virgin olive oil and seasoning into a ramekin and mix well.
- 2. Use a pastry brush to brush the top and bottom of each of your tortillas.
- 3. Use kitchen scissors to chop your tortillas in half, then half again and then half again to make 8ths.
- 4. Place in the air fryer and cook for 5 minutes at 180c/360f.
- 5. Turn and then cook for a further 5 minutes at the same temperature on the other side.

Notes:

Swaps. I love my tortilla chips with cajun seasoning but you can mix and match with what ingredients you have in.

Type. I have tested it with both corn tortillas and flour tortillas and find that flour tortillas produce a better chip in the air fryer.

Air Fryer Frozen Meatballs

Pre	b.	Time	
2	Μ	ins	

Cooking Time

Total Cook Time 19 Mins Servings 4

Ingredients:

16 Frozen Beef Meatballs



Method:

- 1. Remove your frozen beef meatballs from the packaging and place in the air fryer. Make sure they are not overcrowded and there is room for them to cook.
- 2. Set the temperature to 160c/320f and the time for 12 minutes.
- 3. When it beeps after 12 minutes adjust the temperature to 180c/360f and cook for a final 5 minutes. Serve with your favourite pasta.

Notes:

Recommend. I recommend slicing a meatball in half when done, just to make sure it is cooked properly in the middle. As you want to be safe when it comes to cooking frozen meat in the air fryer.

Example. In our example we have used frozen beef meatballs, but you could use turkey, chicken, pork or a mix.

Air Fryer Meatloaf

Prep Time 5 Mins Cooking Time 45 Mins

Total Cook Time 50 Mins Servings

4

Ingredients:

Instant Pot No Drain Mashed Potatoes

2 kg/4.4 lb Minced Beef
1 Small Diced Onion
1 Tsp Garlic Puree
1 Bread Roll
2 Large Eggs
1 Tbsp Worcester Sauce
2 Tsp Parsley
1 Tsp Paprika
2 Tsp Mixed Herbs
Salt & Pepper
Meatloaf Glaze:
2 Tbsp Tomato Ketchup
1 Tsp Garlic Puree
2 Tsp Worcester Sauce
Salt & Pepper



Method:

Olive Oil Spray

- 1. Add into a bowl your meatloaf ingredients. Blend your bread roll into breadcrumbs in either a blender or a food processor.
- 2. In your bowl give everything a good mix and make sure everything is well mixed in. You don't want an uneven spread of your seasoning.
- 3. Make your meatloaf shape and wrap in silver foil, leaving a little space at the top. The tighter you wrap your silver foil around your meatloaf the easier it is for your meatloaf to keep its shape.
- 4. Place your meatloaf in your air fryer basket and cook for 25 minutes at 160c/320f.
- 5. Remove the top layer of silver foil. You want the silver foil to still offer a good layer under the meatloaf but not over it. Cook for a further 15 minutes at 180c/360f.
- 6. While the meatloaf cooks make your glaze. Mix the glaze ingredients in a little bowl, until well mixed.

- 7. When the air fryer beeps, spray the top of the meatloaf with extra virgin olive oil spray. Then using a spoon add your tomato ketchup glaze. Cook for a further 5 minutes at 200c/400f.
- 8. Give it a few minutes to cool, slice and then serve with your favourite sides.

Notes:

Quantity. Our air fryer meatloaf is the equivalent of 4.4 pounds. You can half the meatloaf recipe and reduce the cook time by 20% if you are making a traditional 2 pound meatloaf.

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Glaze. The glaze is of course optional. I prefer my meatloaf with tomato ketchup, but you can swap this for gravy if you prefer.

Air Fryer SausageMep TimeCooking TimeTotal Cook TimeServings0 Mins8 Mins8 Mins2Coppedients:Sausage Links

Method:

- 1. Place your sausage links into your air fryer basket.
- 2. Set the temperature to 180c/360f and the time to 8 minutes.
- 3. When it beeps serve your air fryer sausages warm.

Notes:

You can cook your sausage links while still linked together or using some scissors separate them before cooking. It's totally your choice.

Because sausages carry fat naturally, no oil is required for air fryer sausages.

<section-header>Air Cooking Time Cooking Time Cooking Time Cooking Time Servings2 Mins10 Mins12 Mins2Ingredients:4 Sirloin Steaks3 tay Steak Seasoning3 tay Pepper

Method:

- 1. Load your sirloin steaks into your air fryer basket. Season with salt, pepper, and steak seasoning. Air fry for 5 minutes at 160c/320f.
- 2. When it beeps turn your sirloin steaks over and season with the same ingredients again. Cook for a further 5 minutes on the same temperature.
- 3. Serve.

Notes:

Swaps. We used steak seasoning. You can swap this for any favourite steak flavours. For example, if I am making a French steak, I love to add garlic butter and some bouquet garni.

Temperature. Its important that you cook sirloin steak in the air fryer at a medium temperature. This ensures that the sirloin is tender and juicy. **Quantities.** You can cook in the air fryer as many sirloin steaks that will cook together without being stacked. In our Philips Air Fryer XL this worked out at three.

Air Fryer Whole Chicken

Ρ	re	р	T	in	n	e
		•				

5 Mins

Cooking Time 45 Mins **Total Cook Time**

Servings

50 Mins

4

Ingredients:

Medium Whole Chicken 1 Tbsp Extra Virgin Olive Oil 1 Tbsp Italian Seasoning Salt & Pepper Air Fryer Stuffing Balls optional



Method:

- 1. Remove your whole chicken from its packaging and tie up the chicken legs.
- 2. Place the chicken breast side down and add half the oil and using your hands smoother it over the visible skin. Season it with salt, pepper, and Italian seasoning.
- Place in the air fryer basket, with the breast side down and air fry for 25 minutes at 180c/360f. Do not preheat the air fryer as it will cook the outside of the chicken too quick.
- 4. If making stuffing balls make them whilst the chicken is cooking.
- 5. When the air fryer beeps, use a fork, and place the fork into the cavity of the chicken and use this to turn the chicken over to breast side up.
- 6. Now add the remaining oil onto any visible skin and season again.
- 7. Air fry for a further 20 minutes. If adding stuffing balls air fry them, with the whole chicken in the gaps for the last 10 minutes.
- 8. Allow to rest before serving your chicken.

Notes:

Variation. You can mix and match your seasonings. I love Italian seasoning or mixed herbs, but any dried herb will work well.

Quantity. Stick to a small or medium whole chicken if you can. As a large chicken will not fit in the air fryer basket.

Air Fryer Brisket

5 Mins

Cooking Time 45 Mins Total Cook Time

50 mins

Servings

4

Ingredients:

1.2 kg/2.65 lb Beef Brisket

- 1 Tbsp Extra Virgin Olive Oil
- 2 Tsp Basil
- 2 Tsp Parsley

2 Tsp Rosemary

2 Tsp Thyme

Salt & Pepper



Method:

- 1. Place your beef brisket in a tray as this is the easiest way to coat your brisket in the seasoning and grab any bits of seasoning that have fallen off.
- 2. Then smoother with extra virgin olive oil and then smoother with the seasonings. The dried seasonings will then stick to the oil and stay on the beef as it cooks.
- 3. If some comes off, then use the tray to roll the beef and grab any stray bits of seasoning.
- 4. Load into the air fryer basket and cook for 30 minutes at 180c/360f.
- 5. Turn over and cook for a final 15 minutes at the same temperature. It will now be a medium.
- 6. Then transfer to a chopping board for resting and remove the string.
- 7. Once the brisket has rested for 5-10 minutes slice before serving.

Notes:

Tray. I find that using a small tray is the best option for seasoning the beef and creates less of a mess.

Top. I notice during cooking that if your brisket is big, it might get stuck at the top of the air fryer. If this is you, then press it down and it will stop this.

Air Fryer Pot Roast

Prep Time

Cooking Time

Total Cook Time

Servings

5 Mins

1 hr

1 hr 5 mins

4

Ingredients:

- 1.2 Kg/2.65 lb top round roast/topside
- 1 Tbsp Soy Sauce
- 4 Tbsp Worcester Sauce
- 4 Large Carrots
- **5** Medium Potatoes
- 4 Tbsp Maple Syrup
- 1 Tbsp Extra Virgin Olive Oil

Salt & Pepper



Method:

- 1. Slightly score your beef roast. Toss the beef in soy sauce and half the Worcester sauce. Season with salt and pepper, making sure the seasoning gets into the scored sections. Load into the air fryer basket and cook for 15 minutes at 180c/360f.
- 2. While cooking peel and dice your carrots and roast potatoes. Load into a bowl and toss in the rest of the Worcester sauce, maple syrup, olive oil and a little more salt and pepper.
- 3. When the air fryer beeps add the carrots and potatoes into the gaps.
- 4. Cook for a further 45 minutes at 160c/320f.
- 5. Allow to rest for 5 minutes then slice and serve.

Notes:

Scoring your beef helps get the flavours inside of your beef and not just on the beef crust. It gives a much better depth of flavour.

KFC Unbreaded Chicken Tenders In Air Fryer

Prep Time 5 Mins Cooking Time

Total Cook Time 15 Mins Servings

Δ

Ingredients:

2 Tbsp KFC Spice Blend2 Chicken Breasts2 Large Eggs1 Tbsp Chicken SeasoningSalt & Pepper



Method:

- 1. Place chicken breasts on a clean chopping board. Slice length ways into strips. Then season the chicken with salt and pepper.
- Crack eggs into a bowl and mix with a fork. In another bowl add leftover KFC spice blend. Load chicken strips into the egg, and then into the spice blend. Make sure each piece of chicken is well coated from each bowl.
- 3. Place the chicken strips into the air fryer basket on a single layer.
- 4. Cook for 8 minutes at 180c/360f. Then turn and cook for a further 2 minutes at the same temperature. Serve warm with your favourite sides.

Air Fryer KFC Chicken

Prep Time

10 Mins

Cooking Time

Total Cook Time

Servings

26 Mins

6

Ingredients:

6 Tbsp KFC Spice Blend

2 Small Whole Chickens 150 g/5.29 oz Plain Flour 4 Large Eggs 150 g/ 5.29 oz Breadcrumbs 1 Tbsp Chicken Seasoning Salt & Pepper



Method:

- 1. Chop up your whole chickens into drumsticks, thighs, wings, and breasts. Put to one side.
- 2. Create your production line. Crack eggs into a bowl and mix with a fork. Place flour in a bowl and season well with chicken seasoning, salt, and pepper. Place breadcrumbs into a bowl and mix with half your KFC rub.
- 3. Toss the chicken in half your KFC rub. Then load chicken into the flour mixture, then into the egg, and then into the breadcrumbs bowl. Make sure each piece of chicken is well coated from each bowl.
- 4. Place the KFC chicken into the air fryer basket on a single layer.
- 5. Cook for 12 minutes at 180c/360f. Then turn and cook for a further 4 minutes at the same temperature. If doing a big batch doing in lots making sure you on don't over fill the air fryer.
- 6. Serve warm in your old KFC bucket.

Notes:

Chopping. We chopped a small whole chicken (it weighed slightly more than a Cornish hen) and I recommend you read how to chop up a whole chicken before doing this recipe.



Alternatively buy a mixture of thighs, drumsticks, wings, and breast and use that instead.

Reheat. I recommend you check out our reheating KFC chicken guide as its perfect for your leftovers from this recipe and also includes a video.

Air Fryer Breaded Pork Chops

Pre	b.	Time	
5	М	ins	

Cooking Time

Total Cook Time 17 Mins Servings 4

Ingredients:

2 Pork Chops 150g/5.29 oz Plain Flour 150ml/0.63 cups Apple Juice 4 Large Eggs 150g/5.29 oz Breadcrumbs 1 Tbsp Pork Seasoning 1 Tbsp Garlic Powder 2 Tbsp Parsley 2 Tbsp Oregano Salt & Pepper



Method:

- 1. Place pork chops in a bowl with apple juice and a tablespoon of pork seasoning. Place in the fridge for an hour to tenderise the pork and to marinade.
- Crack eggs into a bowl and mix with a fork and then season with 1Tbsp of apple juice, salt, and pepper. Place flour in a 2nd bowl and season well with pork seasoning, salt, and pepper and garlic powder. Place breadcrumbs into a 3rd bowl and mix with salt, pepper, parsley, and oregano.
- 3. Load pork chops into the flour mixture, then into the egg, and then into the breadcrumbs bowl. Make sure each pork chop is well coated from each bowl.
- 4. Place the pork chops into the air fryer basket on a single layer
- 5. Cook for 12 minutes at 180c/360f. Then serve

Notes:

Thickness. Note that our pork chops are thinner than most and if you are using thick pork chops that you will need to add an extra 2-3 minutes of cook time.

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Air Fryer Cheeseburgers

Prep Time	Cooking Time	Total Cook Time	Servings
5 Mins	13 Mins	18 Mins	6

Ingredients:

500g/21.16 oz Minced Beef ½ Small Onion 1 Tsp Garlic Puree 2 Tsp Philadelphia Soft Cheese 2 Tsp Thyme 2 Tsp Oregano Salt & Pepper



Method:

- 1. Peel and dice your onion and load it into a mixing bowl with the rest of your burger patty ingredients. Mix well. Add in the soft cheese and mix a little more.
- 2. Use a biscuit cutter to cut into burger shapes.
- 3. Load into the air fryer basket and cook for 12 minutes at 180c/360f.
- 4. Load your burger up but without the bun lid (including the layers we showed you above) and cook for a further 1 minute.
- 5. Add your burger bun lid and serve.

Notes:

Make sure your sliced cheese is secure on the top of your burger. Otherwise the air circulation will remove it. If you are having problems with this use a cocktail stick to hold it into place.

You can mix and match ingredients such as swapping seasoning for taco seasoning if you are having a Mexicana feast.

You can use any mince. I prefer beef or beef and pork mixed. Chicken and turkey or veal also works well.

Remember to slice your onion thin. Otherwise you will end up with big chunks of onion when you take a bite of your cheeseburger.

Air Fryer Harvest Casserole

Prep Time	
5 Mins	

Cooking Time

Total Cook Time 25 Mins Servings 2

Ingredients:

100g/3.53 oz Fresh Sprouts
1 Medium Sweet Potato
½ Medium White Onion
2 Red Apples
2 Green Apples
4 Sausages
3 Slices Thick Bacon chopped into bits
1 Tbsp Extra Virgin Olive Oil
2 Tbsp Thyme
Salt & Pepper



Method:

- 1. Peel and dice the apple into cubes. Peel and slice your onion, peel, and slice into cubes your sweet potato. Clean and chop your sprouts into quarters.
- 2. Load into a bowl with extra virgin olive oil, thyme, salt, and pepper. Mix with your hands until you have a good coating of the seasoning and oil.
- 3. Load into the air fryer and air fry for 8 minutes at 180c/360f.
- 4. Whilst the air fryer is doing its magic, slice your sausages into medium slices and cut your bacon into bacon bits. When the air fryer beeps, shake the basket, and add the sausage and bacon on top. Cook for 10 minutes at the same temperature.
- 5. Shake the air fryer and mix the sausage and bacon into the fruit and veggies. Cook for a further 2 minutes at 200c/400f before serving.
- 6. Or for crispier results add an extra 7 minutes of cook time instead of 2 and spray with extra virgin olive oil.

Notes:

Sausages. You can use any flavoured sausages and bacon. We find a thicker cut of bacon works better otherwise it ends up overcooked.

Veggies. You can also mix up the fruit and veggies used in this recipe. You can also include peppers and mushrooms too.

Air Fryer Bundt Cake Breakfast Casserole

Prep Time 8 Mins Cooking Time

Total Cook Time

40 Mins

Servings

4

Ingredients:

Breakfast Filling:

2 Medium Peppers
1 Medium Sweet Potato
3 Medium Sausages
Spring Onion optional
1 Tbsp Extra Virgin Olive Oil
1 Tbsp Oregano
Salt & Pepper
Breakfast Batter:
4 Large Eggs
2 Tbsp Sour Cream
2 Cups/473ml Grated Cheddar Cheese
2 Cups/473ml Grated Mozzarella Cheese
1 Tbsp Basil
1 Tbsp Chives
Salt & Pepper



Method:

- 1. Peel and dice your sweet potato. Cut the pepper, remove the seeds and chop into chunks. Slice up the spring onion. Toss in a bowl with extra virgin olive oil, oregano, salt, and pepper.
- 2. Air fry for 5 minutes at 180c/360f and then add in the sausages which you have chopped into quarters.
- 3. Air fry for a further 6 minutes at the same temperature until the sausages are cooked.
- 4. Whilst the air fryer is working its magic prep the other ingredients. Crack eggs into a bowl with sour cream and mix with a fork. Add in grated cheese and seasonings.
- 5. When the air fryer beeps load the contents into your bundt pan and then pour the batter over.
- 6. Place the bundt pan into the air fryer basket and cook for 15 minutes at 180c/360f. Reduce the temperature to 160c/320f and cook for a final 6 minutes to ensure the middle is fully cooked.

Notes:

Freeze. You can also make this ahead for the holidays, then when it is cool, slice it and then freeze it for when you need it.

Air Fryer Diet Pasties

Prep Time	Cookir
8 Mins	16

oking Time 16 Mins Total Cook Time 24 Mins Servings

Ingredients:

3 Weight Watchers Tortilla Wraps
5 Small Potatoes
¼ Medium White Onion
1Tbsp Extra Virgin Olive Oil
1Tbsp Fromage Frais
28g Grated Cheddar Cheese
Egg Wash
1Tsp Mixed Herbs
Salt & Pepper



Method:

- 1. Peel and dice your potatoes into small chunks. Peel and thinly dice your onion.
- 2. Load both into a mixing bowl with extra virgin olive oil and mixed herbs and salt and pepper. Mix with your hands and then place in the air fryer.
- 3. Air fry for 12 minutes at 180c/360f.
- 4. Place the potatoes and onions back into the bowl with all the other ingredients including the Greek yoghurt. Mix with a fork.
- Place a single Weight Watchers Wrap onto a clean worktop and then place the bottom of the pasty maker over it and cut out your circle. Then do this again and again until you have enough tortilla pasty circles.
- 6. Then once you are done making the circles place one at a time into your pasty cutter.
- Load the filling into one half of the pasty, making sure you don't overfill it.
- 8. Push down, making sure it leaves the beautiful pasty pattern.
- 9. If its not sealing correctly, add a little extra egg wash and then push down.

- 10. Do this until you have made all your pasties.
- 11. Then place foil in the air fryer basket and cover the tops of the pasties with egg wash.
- 12. Air fry for 8 minutes at 200c/400f before serving.

Notes:

Variations. You can use this method for many, many different types of pasties. Just choose whichever filling you want and create them.

Leftovers. You will find that you have a lot of leftover wraps from cutting them to fit the pasty maker. Use these to make either air fryer tortilla chips or instant pot chicken tortilla soup.

Air Fryer Grilled Cheese

Prep Time	Cooking Time	Total Cook Time	Servings
2 Mins	3 Mins	5 Mins	2

Ingredients:

500g/1.1 lb Fresh Bread Sliced 3 Slices Cheese 50g/1.76 oz Soft Cheese



Method:

- 1. Preheat your air fryer to 180c/360f.Place a layer of soft cheese or butter onto your bread like you're spreading it to make a sandwich.
- 2. Push down the slices of cheese on top of the soft cheese.
- 3. Place your grilled cheese in the air fryer and cook for 3 minutes at 180c/360f.
- 4. Serve warm with mayonnaise.

Notes:

Bread. We used Dominic's homemade bread maker bread. If you're using cold bread from the pantry add an extra minute onto your cooking time. Our bread slices were rather big. If your slices are smaller then you can easily cook 2-4 slices at once.

Quantities. The general rule is 1.5 slices of cheese per slice, so make as much or as little grilled cheese depending on how many people you're feeding.

Toppings. Add any of your other favourite toppings. We love to make air fryer grilled cheese with some sliced tomato on top too or a sprinkling of dried oregano. If you want that try our air fryer pizza toast.

Air Fryer English Breakfast

Prep Time	Cooking Time	Total Cook Time	Servings
3 Mins	15 Mins	18 Mins	2

Ingredients:

6 English Sausages 6 Bacon Rashers 2 Large Tomatoes 4 Black Pudding ½ Can Baked Beans 2 Large Eggs 1 Tbsp Whole Milk 1 Tsp Butter Salt & Pepper



Method:

- 1. Crack your eggs into a ramekin and stir in butter, milk and salt and pepper. Place in the air fryer. Add to the air fryer bacon rashers, black pudding, and sausages. Slice tomatoes in half and season the top with salt and pepper.
- Close the air fryer basket, making sure first that there is room for each of the breakfast items to cook. Then cook for 10 minutes at 180c/360f. Though at the 5 minute interval stir your eggs with a fork.
- 3. When the air fryer beeps, check to make sure the eggs are scrambled and remove the scrambled eggs with a kitchen glove or kitchen tongs. Replace the ramekin space with a ramekin of cold baked beans. Cook for a further 5 minutes at the same temperature.
- 4. When it beeps load your English breakfast ingredients onto a plate and enjoy.

Notes:

Swap. You can mix and match with your favourite English breakfast ingredients. Instead of baked beans or as well as you can do buttered mushrooms. Load mushrooms into a ramekin with a teaspoon of butter and some salt and pepper and you are done.

Air Fryer Scones

Prep Time	Cooking Time	Total Cook Time	Servings
10 Mins	7 Mins	17 Mins	6

Ingredients:

225 g/7.94 oz Self Raising Flour 50 g/1.76 oz Butter 28 g/0.99 oz Caster Sugar 60 ml/4.06 tbsp Whole Milk Egg Wash Extra Virgin Olive Oil Spray Squirty Cream optional Fresh Strawberries optional Strawberry Jam optional



Method:

- 1. Place flour and sugar in a bowl and mix. Add in cubed butter.
- 2. Rub the fat into the flour. Do this with your fingertips until it resembles coarse breadcrumbs.
- 3. Add in enough milk to make a soft dough, for us this was 60ml. Then roll out your dough on a floured worktop and aim for at least 1.5cm thick or your scones will be too small.
- 4. Using cutters, cut your dough to medium sized scones and then place in the air fryer basket.
- 5. Spray the air fryer basket with extra virgin olive oil to prevent sticking and then brush the tops and sides of the scones with egg wash.
- 6. Air fry for 5 minutes on 180c/360f, followed by a further 2 minutes at 160c/320f.
- 7. Serve with strawberry jam, sliced strawberries and cream.

Notes:

I found that the rich fruit scones dough made enough for 4 medium scones. We find the way to make the least amount of mess baking in the air fryer is

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to either use <u>a baking mat</u> that fits onto your air fryer basket or to get an <u>air fryer grill pan</u>.

They're both mentioned in our air fryer accessories guide if you wanted to find out more. You can also reserve a little milk to coat the tops and sides of the rich fruit scones to give them that golden glow.

Air Fryer Pull Apart Bread Rolls

Prep	Time
10 1	Vins

Cooking Time

Total Cook Time 35 Mins

Servings

4

Ingredients:

450g/15.87 oz Plain Flour 75g/2.65 oz Butter 277ml/1.17 cups Whole Milk 1 Tbsp Olive Oil 1 Tbsp Coconut Oil 5.5g/0.19 oz Yeast Salt & Pepper Egg Wash optional



Method:

- Prepare the bread. Rub your butter into your flour until the butter is well mixed in. Warm the milk and oils in a pan until they are luke warm. Add the yeast and the pan mixture into the bowl and mix with your hands until it makes a dough. Knead the bread for 5 minutes. Place the bread dough into the air fryer basket to prove. Set the time to 10 minutes and the temperature to 60c/140f
- 2. Easy Pull Apart Bread. For it to become pull apart bread rolls, make them into medium sized bread rolls but make sure that they are touching each other and don't have room to breathe. And place the bread rolls into an air fryer baking pan.
- 3. Brown Glaze. Brush the tops of the dinner rolls with egg wash and then airfry for 15 minutes at 180c/360f.
- 4. Regular Rolls. If you would like large regular rolls place 5 bread roll doughballs into the air fryer basket and air fry for the same time and temp. The doughwe made makes 9 and you will need to do it in two batches.

Notes:

Variety. You can shape them however you wish. This is a great go to bread dough recipe that can be used for bread rolls, bread loaf, easy pull apart bread or even for dumplings.

Bread Machine. If making bread dough in the bread maker like we do (get the recipe here) then start with your fresh dough on step #2.If making bread dough in the bread maker like we do (get the recipe here) then start with your fresh dough on step #3.

Air Fryer Chocolate Chip Cookies

Prep Time 8 Mins

Cooking Time 8 Mins

Total Cook Time

Servings

16 Mins

4

Ingredients:

260 g Self Raising Flour 80g Brown Sugar 40 g White Sugar 150 g Butter 4 Tbsp Golden Syrup 3 Tbsp Whole Milk 1 Tsp Vanilla Essence 100 g Milk Chocolate Chunks 25g Chocolate Chips Handful Chocolate Chips (for on top)



Method:

- Load butter and sugars into a bowl and using a hand mixer, mix your fat into your sugar until you have a creamy consistency.
- 2. Add everything else apart from the flour and chocolate and using your hand mixer, carry on mixing until it is nice and creamy.
- 3. Add in the flour and using the low setting on your hand mixer, mix the flour into the other ingredients.
- 4. It will now resemble cookie dough and next add in your chocolate and then mix with a fork.
- 5. Make into 4 equal portions for giant cookies or 8-12 for smaller cookies. Then make into cookie shapes and load into the air fryer on a bed of foil. Air fry for 8 minutes at 180c/360f.
- 6. Add some extra chocolate chips on top before serving.

Notes:

Swaps. We made our chocolate chip cookies with a mixture of chocolate chunks, milk chocolate chips and white chocolate chips. You can mix it up too or just use a bag of chocolate chips that you have in your pantry.

Size. Our air fryer will only hold 4 giant cookies, yours might hold more or less. Do them in batches until they are all done.

Foil. A bed of foil is recommended to avoid a mess in your air fryer basket. You can just add a layer and then place your cookies on them. Then once cooked you can remove the foil with the cookies still on and then let them cool down on your kitchen worktop before tucking in.

Air Fryer Chocolate Cake

Prep Time	
15 Mins	

Cooking Time

Total Cook Time 41 mins Servings

Ingredients:

400 g/14.11 oz Self Raising Flour 450 g/15.87 oz Caster Sugar 50 g/1.76 oz Cocoa Powder 200 g/7.05 oz Butter room temperature 4 Medium Eggs 1 Tbsp Vanilla Essence 480 ml/2.03 cups Skimmed Milk 1 Tbsp Extra Virgin Olive Oil **Chocolate Buttercream Ingredients:** 230 g/8.11 oz Butter 420 g/14.82 oz Icing Sugar 45 g/1.59 oz Cocoa Powder 3 Tbsp Single Cream 2 Tsp Vanilla Essence 1 Tbsp Maple Syrup



Method:

- 1. In a bowl add butter and sugar and using your hand mixer, mix the butter into the sugar.
- 2. Crack eggs into the bowl, add vanilla essence, add extra virgin olive oil, and mix again with your hand mixer.
- 3. Once it is creamy add in cocoa powder, flour and milk and mix with a wooden spoon. Don't use a hand mixer as it will over mix it.
- 4. You want a creamy, but not too thick cake batter. If it is too thick adjust with a little more skimmed milk or water.
- 5. Add a little olive oil spray to your cake pans and then pat with flour to create floured cake pans.
- 6. Add your cake batter evenly among two cake pans. Pat down with the side of a wooden spoon.
- 7. Cook one cake pan at a time in the air fryer. Start with 10 minutes at 180c/360f, followed by a further 16 minutes at 160c/320f.

- 8. Allow your cake to cool and while it cools make your chocolate buttercream. Using your hand mixer mix the icing sugar into the butter. Add in other ingredients and carry on mixing until you have a creamy buttercream. Fridge while your cakes cool.
- 9. Remove the buttercream from the fridge. Slice the top off your cake so that it is easy for two cakes to be sandwiched together. Add a layer of chocolate buttercream and then sandwich the cakes together. Add another top layer of buttercream and add it around the sides as you wish. Fridge for an hour before serving, otherwise the cake will be too difficult to cut.

Notes:

Skimmed. It is important that you add fat free/skimmed milk rather than full fat. It is thinner and thick milk will stop the cake from being moist.

Cheat. You can cheat and use shop bought box cake and follow our air fryer box cake recipe.

Portions. My hubby loves his cake and slices big cake slices. If you are doing a kid's birthday party, you could easily get 16 portions out of this cake.

Secret. My recommended secret ingredient when making air fryer cakes is to add a tablespoon of extra virgin olive oil. It keeps the cake light and moist and you will be amazed by the difference it makes to your cakes.

Quality. It does make a big difference in air fryer cakes if you use quality ingredients. I recommend a healthy cocoa powder and to avoid the cheap supermarket brands of flour.

Air Fryer Chocolate Muffins

Prep Time	
10 Mins	

Cooking Time 7 Mins Total Cook Time 17 Mins Servings 6

Ingredients:

10 Squares Chocolate
60 g Milk Chocolate
30 g Self Raising Flour
15 g Cocoa Powder
1 Tsp Butter heaped
1 Tsp Honey
1 Tsp Single Cream
1 Tsp Vanilla Essence optional



Method:

- 1. Into an air fryer baking pan add squares of chocolate along with your butter and honey. Place in the air fryer and cook for 2 minutes at 120c/250f to melt the chocolate.
- 2. Stir and add in single cream. It will now be lovely and creamy. Then transfer your melted chocolate to the bowl with the flour and cocoa powder and add in crushed chocolate.
- 3. Add vanilla if you are using it. Stir well. Load into air fryer muffin cases.
- 4. Cook for 10 minutes at 160c/320f and enjoy!

Notes:

Swap. I used Dairy Milk in this recipe, but you can swap with your favourite chocolate. As long as the chocolate melts well.

Important. Always use self raising flour. If you don't the muffins will not rise and will be flat.

Crushed. By crushed chocolate I am talking about chocolate that you have chopped up, or alternatively you can use chocolate chips.

Sub. You can sub the single cream for Greek yoghurt, coconut milk or your favourite creamy ingredient. I often sub with Greek yoghurt.

Thanks For Reading

Thanks so much for reading our air fryer bucket list ebook and we love sharing our knowledge of air fryer cooking with you. The start of our great air fryer friendship doesn't have to end there. In fact, we would absolutely love it if you connected with us online so that we can meet again:

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