

# AIR FRYER RECIPE BOOK

*10 healthy recipes for the family*



BY CHEF SIFU

## Tips for Using Chef Sifu Air Fryer

1. When making smaller items such as fries, wings and croquettes, shake the basket once or twice during cooking. This ensures the food is cooked evenly.
2. Don't overcrowd the cooking basket. This impacts how well the air circulates around the food, increases cooking time and causes sub-optimal results.
3. Oil sprays and misters are excellent choices to evenly apply oil to food prior to cooking. They can also be used to spray the bottom of the mesh cooking basket to ensure food does not stick.
4. Preheat the Airfryer for 3 minutes. This is sufficient time for the Airfryer to reach the desired temperature.
5. To loosen any food particles that remain on the cooking basket after use, soak the cooking basket in soapy water prior to scrubbing or placing in the dishwasher.
6. When cooking foods that are naturally high in fat, such as chicken wings, occasionally empty fat from the bottom of the Airfryer during cooking to avoid excess smoke.
7. When cooking foods that have been marinated or soaked in liquid, pat food dry before cooking to avoid splattering and excess smoke.
8. For foods that require breading, coat in small batches to ensure even application. Press breading onto food to ensure it adheres. If breading is too dry, pieces may become airborne causing excess smoke or becoming trapped behind exhaust filter.
9. A variety of pre-made packaged foods can be cooked in the Airfryer. As a guide, lower the conventional oven temperature by 70 degrees and reduce the cooking time by half. Exact times and temperatures will vary by food.
10. When using parchment paper or foil, trim to leave a 1/2 inch space around bottom edge of the basket.
11. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness



# Crispy Potato Skin Wedges

Active : 40 minutes • Total: 1 HR 25 minutes • 6 Servings

## Ingredients

6 medium russet potatoes  
2 tablespoons canola oil  
1.5 teaspoon paprika  
1/2 teaspoon black pepper  
1/2 teaspoon salt

## Instructions

1

Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.

2

In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the AirFryer to 390°F. Add the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook the wedges for 14-16 minutes or until golden brown.



# French Fries

Active : 10 minutes • Total: 1 HR • 4 Servings

## Ingredients

6 medium russet potatoes, peeled  
2 tablespoon olive oil

## Instructions

1

Peel the potatoes and cut them into 1/4 inch by 3 inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.

2

Preheat the Airfryer to 360°F. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly. Add the potatoes to the cooking basket and cook for 30 minutes or until golden brown and crisp. Shake 2-3 times during cooking.

Note: Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.



# Fried Meatballs in Tomato Sauce

Active : 10 minutes • Total: 23 minutes • 4 Servings

## Ingredients

1 small onion  
3/4 pounds (12oz) ground beef  
1 tbsp chopped fresh parsley  
1/2 tbsp chopped fresh thyme leaves  
1 egg  
3 tbsp breadcrumbs pepper & salt to taste  
Extra: 10oz of your favorite tomato sauce

## Instructions

- 1 Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
- 2 Preheat the Airfryer to 390°C.
- 3 Place the meatballs in the Airfryer basket and slide the basket in the Airfryer. Set the timer and cook for 8 minutes.
- 4 Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer. Set the temperature to 330°C and the timer for 5 minutes to warm everything through.



# Jerk Chicken Wings

Active : 10 minutes • Total: 35 minutes • 5 Servings

## Ingredients

3 pounds chicken wings	1 teaspoon cayenne pepper
2 tablespoons olive oil	1 teaspoon white pepper
2 tablespoons soy sauce	1 teaspoon salt
6 cloves garlic, finely chopped	2 tablespoons brown sugar
1 habanero pepper, seeds and ribs removed, finely chopped	1 tablespoon fresh thyme, finely chopped
1 tablespoon allspice	1 tablespoon fresh ginger, grated
1 teaspoon cinnamon	4 scallions, finely chopped
	5 tablespoons lime juice
	1/2 cup red wine vinegar

## Instructions

- 1 In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade. Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
- 2 Preheat the Airfryer to 390°F. Remove the wings from the bag and drain all liquid. Pat wings completely dry with a paper towel. Place the wings in the cooking basket and cook for 16-18 minutes, shaking halfway through. Serve with blue cheese dipping sauce or ranch dressing.  
Tip: If you cook only 1 1/2 pounds (24 oz) chicken wings, cook for 15 minutes.



# Salmon with Dill Sauce

Active : 15 minutes • Total: 30 minutes • 4 Servings

## Ingredients

### FOR THE SALMON

1.5 pounds salmon (4 pieces, 6oz each)  
2 teaspoons olive oil  
1 pinch salt

### FOR THE DILL SAUCE

1/2 cup non-fat greek yogurt  
1/2 cup sour cream  
1 pinch salt  
2 tablespoons dill, finely chopped

## Instructions

1

Preheat the Airfryer to 270°F. Cut the salmon into four 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece. Season with a pinch of salt. Place the salmon into the cooking basket and cook for 20-23 minutes.

2

Make the dill sauce. In a mixing bowl combine the yogurt, sour cream, chopped dill and salt. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.



# Country Chicken Tenders

Active : 15 minutes • Total: 25 minutes • 3 Servings

## Ingredients

3/4 pound chicken tenders

### FOR THE BREADING

2 eggs, beaten

1/2 cup seasoned breadcrumbs

1/2 cup all-purpose flour

1/2 teaspoon salt

1 teaspoon black pepper

2 tablespoons olive oil

## Instructions

- 1 Preheat the Airfryer to 330°F. In three separate bowls, set aside the breadcrumbs, eggs and flour. Season the breadcrumbs with salt and pepper. Add olive oil to the breadcrumbs and mix well. Place the chicken in the flour, then dip into the eggs and finally coat with the breadcrumbs. Press to ensure breadcrumbs are coated securely and evenly to the chicken. Shake off any excess breading prior to placing in the cooking basket.
- 2 Cook the chicken tenders for 10 minutes at 330°F and then for 5 minutes at 390°F or until golden brown.





# Mini Cheeseburger Sliders

Active : 5 minutes • Total: 15 minutes • 3 Servings

## Ingredients

1 pound ground beef  
6 slices cheddar cheese  
6 dinner rolls  
salt  
black pepper

## Instructions

1

Preheat the Airfryer to 390°F. Form the ground beef into 6 2.5-ounce patties and season with salt and pepper. Add the burgers to the cooking basket and cook for 10 minutes. Remove from the Airfryer; place the cheese on top of the burgers and return to the Airfryer to cook for one more minute.



# Cajun Shrimp

Active : 5 minutes • Total: 10 minutes • 4 Servings

## Ingredients

1.25 pounds tiger shrimp (16-20 count)

1/4 teaspoon cayenne pepper

1/2 teaspoon old bay seasoning

1/4 teaspoon smoked paprika

1 pinch of salt 1 tablespoon olive oil

## Instructions

1

Preheat the Airfryer to 390°F. In a mixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices. Place the shrimp into the cooking basket and cook for 5 minutes. Serve over rice.



# Full English

Active: 5 minutes • Cook Time: 15 minutes • 4 Servings

## Ingredients

8 chestnut mushrooms	4 chipolatas
8 tomatoes, halved	200g baby leaf spinach
1 clove garlic, crushed	4 eggs
4 rashers of smoked back bacon	

## Instructions

1

Heat the Airfryer to 200°C. Put the mushrooms, tomatoes and garlic in a round tin. Season and spray with oil. Place the tin, bacon and chipolatas in the cooking basket. Cook for 10 minutes.

2

Meanwhile wilt the spinach in a microwave or by pouring boiling water through it in a sieve. Drain well.

3

Add the spinach to the tin and crack in the eggs. Lower the temperature to 160C and cook for a further few minutes until the eggs are cooked.



# French toast with yoghurt and berries

Active: 5 minutes • Cook Time: 11 minutes • 4 Servings

## Ingredients

2 large eggs	BUTTER FOR SPREADING
1 tbsp vanilla extract	Mixed berries
2 thick slices	Squeeze of honey
sourdough bread	Low-fat plain Greek yoghurt, to serve

## Instructions

- 1 Heat the Airfryer to 180C. Beat the eggs with the vanilla, and butter both sides of the bread. Soak the bread in the egg mix until it is all absorbed.
- 2 Place the bread directly in the fryer basket and cook for six minutes, turning halfway through.
- 3 Serve with mixed berries, yoghurt and honey to taste.