

DELICIOUS
AIR FRYER
COOKBOOK

FRY, BAKE, GRILL & ROAST
MOST WANTED FAMILY MEALS



MARY GONZALEZ

TABLE OF CONTENTS

INTRODUCTION

BREAKFAST

- 1. Simple Buttered Potatoes**
- 2. Homemade Peanut Corn Nuts**
- 3. Duck Fat Roasted Red Potatoes**
- 4. Crispy Squash**
- 5. Ketogenic Mac & Cheese**
- 6. Salmon Pie**
- 7. Garlic Chicken Stir**
- 8. Keto Air Bread**
- 9. Ground Beef Mash**
- 10. Chicken Casserole**

VEGETABLES AND SIDES

- 11. Broccoli Salad Recipe**
- 12. Chili Broccoli**
- 13. Parmesan Broccoli and Asparagus**

- 14. Butter Broccoli Mix**
- 15. Balsamic Kale**
- 16. Kale and Olives**
- 17. Kale and Mushrooms Mix**
- 18. Oregano Kale**
- 19. Kale and Brussels Sprouts**
- 20. Spicy Olives and Avocado Mix**

MEAT

- 21. Pork Satay**
- 22. Pork Burgers with Red Cabbage Salad**
- 23. Crispy Mustard Pork Tenderloin**
- 24. Apple Pork Tenderloin**
- 25. Espresso-Grilled Pork Tenderloin**
- 26. Pork and Potatoes**
- 27. Pork and Fruit Kebabs**
- 28. Steak and Vegetable Kebabs**
- 29. Spicy Grilled Steak**
- 30. Greek Vegetable Skillet**

FISH AND SEAFOOD

- 31. Cajun Spiced Lemon-Shrimp Kebabs**
- 32. Cajun Spiced Veggie-Shrimp Bake**
- 33. Tempura Shrimp**
- 34. Tuna Patties**
- 35. Crusted Tilapia Coconut Flavour**
- 36. Fried French Mussels**
- 37. Crab Cakes**
- 38. Lobster Tails**
- 39. Breaded Shrimp**
- 40. Salmon with Mustard Sauce**

SNACKS AND DESSERT

- 41. Radish Chips**
- 42. Herbed Croutons with Brie Cheese**
- 43. Stuffed Jalapeno**
- 44. Garlicky Bok Choy**
- 45. Chia Seed Crackers**
- 46. Baked Eggplant Chips**
- 47. Flax Seed Chips**

48. Salted Hazelnuts

49. Baguette Bread

50. Yogurt Bread

CONCLUSION

INTRODUCTION

Air fryers are a better way to cook a lot of food quickly. They use very little oil, so you don't have to worry about your food being covered in oil, and they cook your food to perfection. Air fryers are great for cooking chicken wings, french fries, and even fish. The air fryer is a new gadget that has gained popularity in recent years. It uses a circulating air technology that uses hot air to quickly cook food. The air fryer is also a way to enjoy French fries and other fried foods without added calories or fat. It uses hot air to fry food and uses less oil than deep frying. You can even bake and grill in the air fryer.

Some air fryer functions

1. Rice: While using this function, the display of the Air Fryer grill shows the rotating symbol. The Timer will not show the countdown process while using this function because the Time will vary and depends upon the quantity of rice taken. After finishing the cooking cycle, the appliances activate keep warm mode. Use a glass lid while using this function.
2. Simmer: This function is ideal for simmering your favorite protein (meat, fish, or poultry) at low-temperature settings below boiling points.
3. Sous Vide: Using this function, you can cook your food like fish and meat by vacuum sealing under a hot water bath. Use a glass lid while using this function.

4. Fry: This function is ideal for frying your food (not deep frying). It is recommended not to use more than one inch of oil and set the Timer as per recipe needs. Use a glass lid while using this function.
5. Keep Warm: This function is used for simmering your food for an extended period. This function will help to keep your food warm until you serve it. Use a glass lid while using this function.

BREAKFAST

1. Simple Buttered Potatoes



Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 pound potatoes, cut into wedges
- 2 garlic cloves, grated
- 1 tsp fennel seeds
- 2 tbsp butter, melted

- Salt and black pepper to taste

Directions

1. In a bowl, mix the potatoes, butter, garlic, fennel seeds, salt, and black pepper, until they are well-coated. Set up the potatoes in the air fryer basket.
2. Bake on 360 F for 25 minutes, shaking once during cooking until crispy on the outside and tender on the inside. Serve warm.

Nutrition: Calories: 100 Carbs: 8 g Fat: 4 g Protein: 7 g