

The Gourmet Geek's **AIR FRYER COOKBOOK**



**QUICK, EASY
& DELICIOUS**



**CRISPY
WITHOUT
THE MESS**



**HEALTHY
NEVER TASTED
SO GOOD**

*Air Fryer
Made Easy
Series*



Amazing Entrees | Succulent Sides | Decadent Desserts

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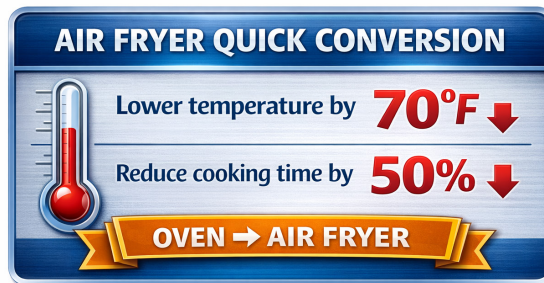
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Air Fryer Substitutions and Conversions

Air fryers cook food faster than traditional ovens by circulating hot air around the food. If you're adapting recipes or making small adjustments while cooking, the tips below will help you get consistent, crispy results.

OVEN to AIR FRYER



Use this as a starting point when converting oven recipes.

Oven Recipe	Air Fryer Starting Point
400°F for 20 minutes	330°F for 10 minutes
375°F for 30 minutes	305°F for 15 minutes
350°F for 40 minutes	280°F for 20 minutes

Air fryers vary slightly, so check food as it cooks and adjust if needed.

Preheat for Best Results



Easy Ingredient Substitutions

Cooking should be flexible. These swaps work well in most air fryer recipes.

Dips & Sauces

Greek yogurt > sour cream

Either can be used in dips and sauces.

Seasoning Blend Substitute

If you don't have Creole seasoning, mix:

1 tsp paprika 1/2 tsp garlic powder
1/2 tsp black pepper 1 tsp salt

Protein Swaps

Many proteins work interchangeably. Examples:

- Chicken instead of beef in kabobs or satay
- Pork instead of ground beef in many recipes

Just remember to cook meats to the proper internal temperature.

Crispy Air Fryer Tips

Air fryers crisp food by circulating hot air. These habits help achieve the best texture.

- Pat food dry
- Moisture prevents browning. Dry food well before cooking.
- Don't overcrowd the basket
- Leave space so air can circulate around the food.
- Shake or flip food

Fries, vegetables, and nuggets cook more evenly when shaken once or twice during cooking.

Keep Breading from Falling Off

- Press breading firmly onto the food.
- Work in small batches when coating.

For cheese or croquettes, use a double coating to prevent leaks.



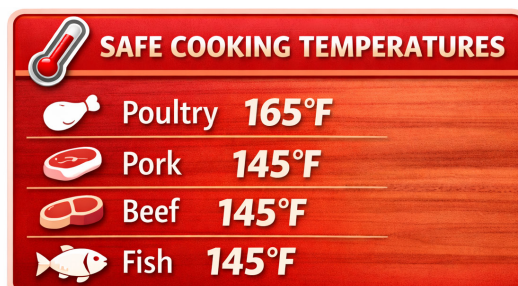
Potato Tip for Better Fries

Fresh potatoes contain surface starch that can prevent crisping.

For best results:

- Cut potatoes evenly.
- Soak in water for 30 minutes.
- Dry thoroughly.
- Toss with oil before cooking.

Safe Cooking Temperatures



Always check the internal temperature of meat using a thermometer.

Food	Safe Internal Temperature
Poultry	165°F
Pork	145°F
Beef	145°F
Fish	145°F

Measure in the thickest part of the food, avoiding bone.

QUICK FIXES

Food isn't crispy

- Dry food thoroughly
- Use a light oil spray
- Avoid overcrowding

Food cooks unevenly

- Shake or flip during cooking
- Cook in smaller batches
- Food sticking
- Spray the basket lightly with oil before cooking

Air Fryer Time & Temperature Guide

Food	Amount	Temp	Time	Shake / Flip	Notes
 Thin Frozen Fries	11–43 oz	360°F	9–19 min	✓ Shake halfway	Shake halfway
 Thick Frozen Fries	11–43 oz	360°F	12–22 min	✓ Shake halfway	Soak potatoes 30 min, dry well
 Homemade Fries	11–43 oz	360°F	15–25 min	✓ Shake halfway	Soak potatoes 30 min, dry well
 Potato Wedges	11–32 oz	360°F	18–24 min	✓ Shake halfway	Toss with 1–3 tsp oil
 Cheese Sticks	4–16 oz	390°F	8–10 min	✓ Flip	Use frozen, oven-ready
 Steak	4–21 oz	360°F	9–11 min	✓ Flip	For medium doneness
 Pork Chops	4–14 oz	360°F	6–7 min	✓ Flip	Cook to 145°F
 Hamburger	4–14 oz	360°F	6–7 min	✓ Flip	Cook to 160°F
 Chicken Wings	3–21 oz	360°F	18–22 min	✓ Shake	Crisp skin
 Drumsticks	3–21 oz	390°F	18–20 min	✓ Flip	Cook to 165°F
 Chicken Breast	4–28 oz	360°F	14–16 min	✓ Flip	Cook to 165°F
 Cake	24 oz	320°F	30 min	—	Use air fryer pan

Fried Meatballs in Tomato Sauce



Cook: 23 mins.



Serves: 4



Calories: 374

Ingredients

- | | |
|-------------------------------------|--------------------------|
| 1 small onion | Pepper and salt to taste |
| 12 oz ground beef | Extra 10oz of your |
| 1 tbsp chopped fresh parsley | favorite tomato sauce |
| 1/2 tbsp chopped fresh thyme leaves | |
| 1 egg | |
| 3 tbsp breadcrumbs | |

Instructions

Meatball Prep

1. Finely chop the onion.
2. Place all the ingredients into a bowl and mix well.
3. Shape the mixture into 10 to 12 balls.

Cook the Meatballs

1. Preheat the Air-fryer to 390°F.
2. Place the meatballs in the Air-fryer basket and slide the basket in the Air-fryer.
3. Set the timer and cook for 8 minutes.
4. Transfer the meatballs to an oven dish,
5. Add the tomato sauce
6. Place the dish into the basket of the Air-fryer. Slide the basket into the Air-fryer.
7. Set the temperature to 330°F and the timer for 5 minutes to warm everything through.

Chef's Notes: High heat + airflow browns the outside quickly.



Pro-Tips

- Leave space around the meatballs so they brown instead of steam.
- Rest briefly after cooking to keep them juicy.

Serving With:

Skip the tomato sauce and serve the meatballs with crunchy salad, warm bread, or a simple dip for a great snack.

Bacon Wrapped Shrimp



Cook: 35 mins.



Serves: 4



Calories: 320



Ingredients

1¼ pounds tiger shrimp,
peeled and deveined
(16 pieces)

1 pound bacon,
thinly sliced, room
temperature (16
slices)

Instructions

Shrimp Prep

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail.
2. Return the wrapped shrimp to the refrigerator for 20 minutes.

Cook Shrimp

1. Preheat the Air-fryer to 390°F.
2. Remove the shrimp from the refrigerator and add them to the cooking basket, cooking for 5-7 minutes.
3. Drain on a paper towel prior to serving.

Pro-Tips

- Pat the shrimp dry before wrapping so the bacon browns better.
- Leave space between shrimp so the bacon can crisp instead of steam.

Serve It With

Serve with lemon wedges, cocktail sauce, or a light side salad.

Chef's Notes: Seafood cooks quickly. Circulating heat gives browning without long exposure, keeping it tender.

Cheddar Bacon Croquettes



Cook: 50 mins.



Serves: 6



Calories: 899

Ingredients

FOR THE FILLING

- 1 pound sharp cheddar cheese, block
- 1 pound bacon, thinly sliced, room temperature

FOR THE BREADING

- 4 Tbsps olive oil
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1 cup seasoned breadcrumbs

Instructions

Prep

1. Cut the cheddar cheese block into 6 equally-sized portions, approximately 1-inch x 1¾-inch each.
2. Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese.
3. Trim any excess fat.
4. Place the cheddar bacon bites in the freezer for 5 minutes to firm. Do not freeze.

Prep - Part 2

5. Place each cheddar block into the flour, then the eggs and then the breadcrumbs.
6. Press coating to croquettes to ensure it adheres.

Cook

1. Preheat the Air-fryer to 390°F.
2. Place the croquettes in the cooking basket and cook for 7-8 minutes or until golden brown.

Chef's Notes: Air fryer baking is steady and efficient. The small chamber holds heat well, helping baked items set evenly.



Pro-Tips

- Double-coat the cheese sticks—dip twice in egg and bread crumbs to keep the cheese in.
- Press the coating firmly so it stays put during air frying.

Serve It With:

Serve with a bright dip, pickles, or a crunchy salad for balance.

Crispy Fried Spring Rolls

 Cook: 25 mins.

 Serves: 4

 Calories: 214



Ingredients

THE FILLING

4 oz. cooked chicken breast, shredded
1 celery stalk, sliced thin
1 med. carrot, sliced thin
1/2 cup mushrooms, sliced thin
1/2 Tsp ginger, finely chopped

1 Tsp sugar
1 Tsp chicken stock powder

WRAPPERS

1 egg, beaten
1 Tsp cornstarch
8 spring roll wrappers
1/2 Tsp vegetable oil

Instructions

Make the filling.

1. Place the shredded chicken into a bowl and mix with the celery, carrot and mushrooms.
2. Add the ginger, sugar and chicken stock powder and stir evenly.
3. Combine the egg with the cornstarch and mix to create a thick paste set aside.
4. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture.
5. Lightly brush the spring rolls with oil prior to placing in the cooking basket.

Cook

1. Preheat the Air-fryer to 390°F.
2. Cook for 3-4 minutes or until golden brown.
3. Serve with sweet chili sauce or soy sauce.

Pro-Tips

- Lightly brush the spring rolls with oil so they crisp evenly.
- Seal the edges well with the egg mixture to prevent filling from escaping.

Serve It With:

Enjoy with sweet chili sauce or a side of soy dipping sauce for extra flavor

Chef's Notes: The air fryer browns the marinated chicken quickly while keeping the inside tender.

Tip: Pat the chicken dry before cooking so it caramelizes instead of steaming.

Crab Croquettes



Cook: 35 mins.



Serves: 6



Calories: 332

Ingredients

THE FILLING

1 pound lump crab meat
2 egg whites, beaten
1 Tbsp olive oil
1/4 cup chopped red onion
1/4 cup chopped red bell pepper
2 Tbsps chopped celery
1/4 tsp chopped tarragon
1/4 tsp chopped chives

1/2 Tsp chopped parsley
1/2 tsp cayenne pepper
1/4 cup mayonnaise
1/4 cup sour cream

THE BREADING

3 eggs, beaten
1 cup all-purpose flour
1 cup panko breadcrumbs
1 tsp olive oil
1/2 tsp salt

Instructions

Prep filling

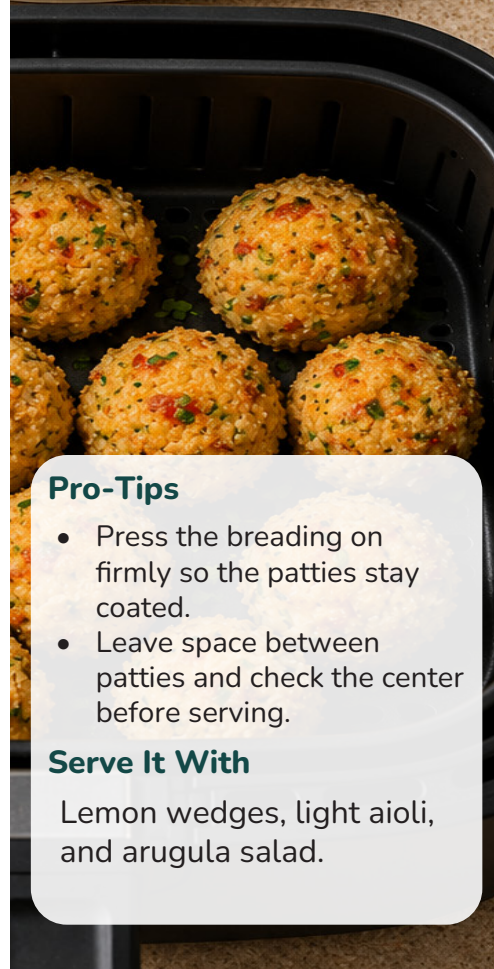
1. In a small sauté pan over medium-high heat, add olive oil, onions, peppers, and celery. Cook and sweat until translucent, about 4-5 minutes. Remove from heat and set aside to cool.
2. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb.
3. In three separate bowls, set aside panko mixture, eggs and flour.
4. Combine remaining ingredients: crabmeat, egg whites, mayonnaise, sour cream, spices and vegetables in a large mixing bowl.
5. Mold crab mixture to size of golf balls, roll each in flour, then in eggs and finally in panko.
6. Press crumbs to croquettes to adhere.

Cook

1. Preheat Air-fryer to 390°F.
2. Place croquettes in basket, do not overcrowd.
3. Cook croquettes 8-10 minutes or until golden brown.

Chef's Notes: The air fryer holds steady heat, helping baked items set evenly.

Tip: Use a heat-safe dish that leaves room for airflow.



Pro-Tips

- Press the breading on firmly so the patties stay coated.
- Leave space between patties and check the center before serving.

Serve It With

Lemon wedges, light aioli, and arugula salad.

Feta Triangles

 Cook: 30 mins.

 Serves: 4

 Calories: 190



Ingredients

- | | |
|----------------------------|-------------------------|
| 1 egg yolk | 2 sheets of frozen filo |
| 4 ounces feta cheese | pastry, defrosted |
| 2 Tbsps flat-leafed | 2 Tbsps olive oil |
| parsley, finely chopped | Black pepper to taste |
| 1 scallion, finely chopped | |

Instructions

Prep the Triangles

1. Beat the egg yolk in a bowl and mix in the feta, parsley and scallion, season with pepper to taste.
2. Cut each sheet of filo dough into three strips.
3. Scoop a full tsp of the feta mixture on the underside of a strip of pastry.
4. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag manner until the filling is wrapped in a triangle.
5. Repeat until all the filo and feta has been used.

Cook

1. Preheat the Air-fryer to 390°F.
2. Brush the filo with a little oil and place six triangles in the cooking basket.
3. Slide the basket into the Air-fryer and cook for 3 minutes.
4. Change temperature to 360°F and then cook 2 minutes or until golden brown.
5. Serve.

Pro-Tips

- Brush filo lightly with oil so it turns crisp and golden.
- Cook in batches so the triangles have room to brown.

Serve It With

Warm marinara, tzatziki, or lemon wedges.

Chef's Notes: Air fryer baking is steady and efficient. The small chamber holds heat well, helping baked items set evenly.

Korean BBQ Satay



Cook: 30 mins.



Serves: 3



Calories: 419

Ingredients

- | | |
|---|-----------------------------|
| 12 oz boneless skinless chicken tenders | 1 Tbsp fresh ginger, grated |
| 1/2 cup low sodium soy sauce | 2 tsp sesame seeds, toasted |
| 1/2 cup pineapple juice | 1 pinch black pepper |
| 1/4 cup sesame oil | |
| 4 garlic cloves, chopped | |
| 4 scallions, chopped | |

Instructions

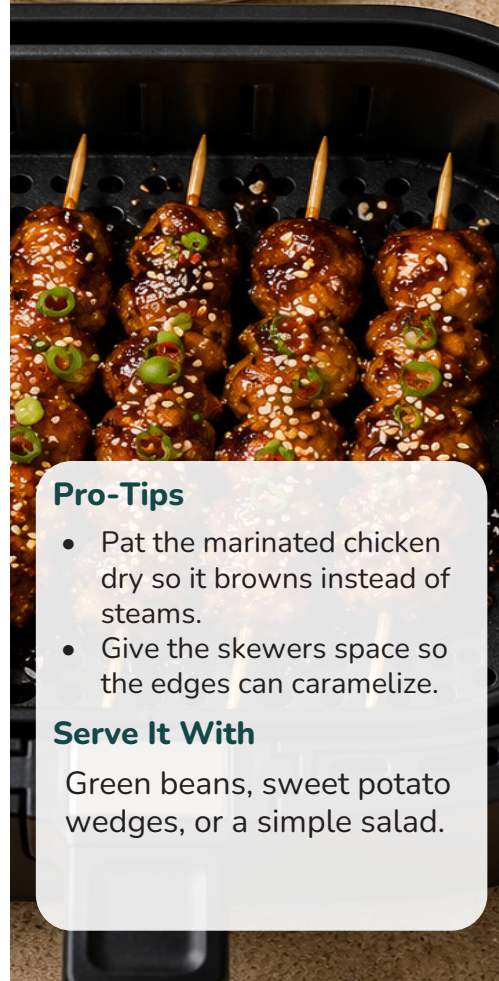
Prep Skewers

1. Skewer each chicken tender, trimming excess meat or fat.
2. Combine all other ingredients in a large mixing bowl.
3. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
4. Pat chicken completely dry with a paper towel.

Cook

1. Preheat the Air-fryer to 390°F.
2. Add the skewers to the cooking basket and cook for 5-7 minutes.

Chef's Notes: Chicken browns quickly in the air fryer. Spacing prevents steaming so you get roast-like texture.



Pro-Tips

- Pat the marinated chicken dry so it browns instead of steams.
- Give the skewers space so the edges can caramelize.

Serve It With

Green beans, sweet potato wedges, or a simple salad.

Jerk Chicken Wings



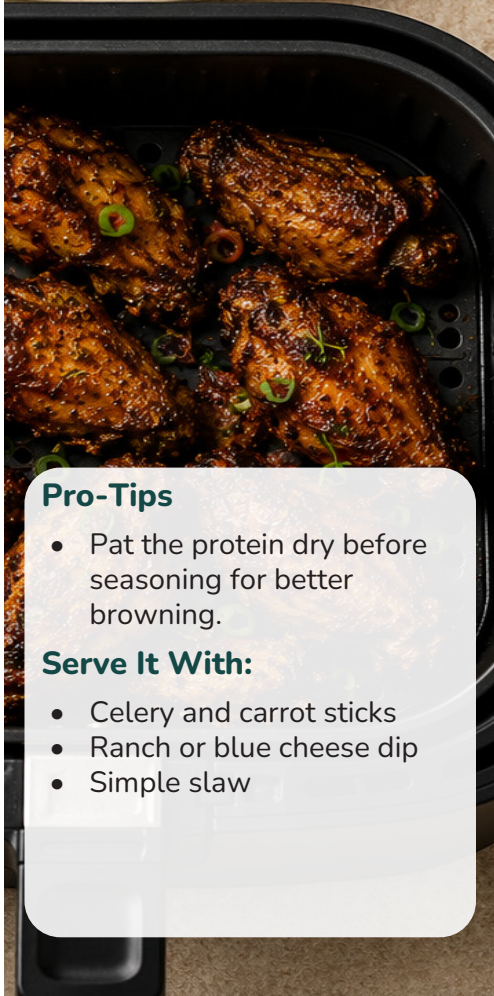
Cook: 35 mins.



Serves: 5



Calories: 748



Ingredients

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

Instructions

Prep Jerk Sauce

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. Remove the wings from the bag and drain all liquid.
3. Pat wings completely dry with a paper towel.

Cook

1. Preheat the Air-fryer to 390°F.
2. Place the wings in the cooking basket and cook for 16-18 minutes, shaking halfway through.
3. Serve with blue cheese dipping sauce or ranch dressing. Note: If you cook only 1½ pounds (24 oz) chicken wings, cook for 15 minutes.

Pro-Tips

- Pat the protein dry before seasoning for better browning.

Serve It With:

- Celery and carrot sticks
- Ranch or blue cheese dip
- Simple slaw

Chef's Notes: Dry wings crisp better, and turning helps them brown evenly.

Tip: Cook in batches so the hot air can reach every side.

Moroccan Meatballs with Mint Yogurt



Cook: 35 mins.



Serves: 4



Calories: 457

Ingredients

THE MEATBALLS

1 lb ground lamb
4 oz ground turkey
1½ Tbsp chopped parsley
1 Tbsp chopped mint
1 tsp each cumin, coriander, cayenne, chili paste, and salt
2 garlic cloves, minced

¼ cup olive oil

1 egg white

MINT YOGURT

½ cup nonfat Greek yogurt
¼ cup sour cream
2 Tbsp buttermilk
¼ cup chopped mint
1 garlic clove, minced
2 pinches salt

Instructions

Prep the Meatballs

1. In a large mixing bowl combine all ingredients for the meatballs.
2. Roll the meatballs between your hands in a circular motion to smooth the meatball to the size of a golf ball.

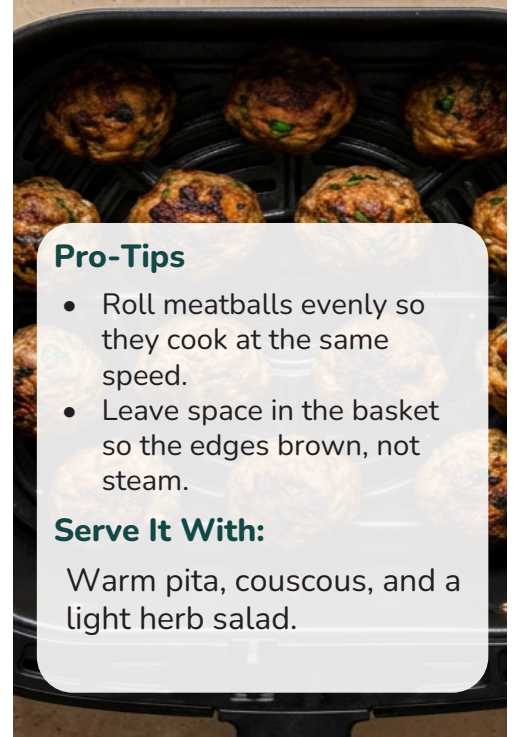
Cook

1. Preheat the Air-fryer to 390°F.
2. Place the meatballs into the cooking basket and cook for 6-8 minutes.

Make Mint Yogurt

1. While the meatballs are cooking add all of the ingredients for the mint yogurt to a medium mixing bowl and combine well.
2. Serve with the meatballs and garnish with fresh mint and olives.

Chef's Notes: High heat + airflow browns the outside quickly. Resting after cooking keeps juices in the meat.



Pro-Tips

- Roll meatballs evenly so they cook at the same speed.
- Leave space in the basket so the edges brown, not steam.

Serve It With:

Warm pita, couscous, and a light herb salad.

Pigs in a Blanket



Cook: 30 mins.



Serves: 4



Calories: 475



Ingredients

1 12-ounce package
cocktail franks

1 8-ounce can of
crescent rolls

Instructions

Prep

1. Remove the cocktail franks from the package and drain
2. Pat dry on paper towels.
3. Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch.
4. Roll the strips around the franks, leaving the ends visible.
5. Place in the freezer for 5 minutes to firm.

Cook

1. Preheat the Air-fryer to 330°F.
2. Remove the franks from the freezer and place them in the cooking basket.
3. Cook for 6-8 minutes.
4. Change temperature to 390°F and cook for 3 minutes or until golden brown.

Pro-Tips

- Chill the wrapped franks briefly so the dough holds its shape.
- Finish at higher heat to brown the crescent dough.

Serve It With

Mustard, spicy ketchup, and crunchy veggies.

Chef's Notes: Circulating hot air browns and crisps efficiently, giving roasted texture with far less oil than traditional frying.

Stuffed Garlic Mushrooms



Cook: 20 mins.



Serves: 4



Calories: 93

Ingredients

16 small button mushrooms

Ground black pepper to taste

FOR THE STUFFING

1-1/2 Tbsp olive oil

1-1/2 slices of white bread

1 garlic clove, crushed

1 Tbsp flat-leafed parsley, finely chopped

Instructions

Prep Mushrooms

1. Cut off the mushroom stalks and fill the caps with the breadcrumbs. Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan.
2. In a food processor, grind the slices of bread into fine crumbs and mix in the garlic, parsley and pepper to taste.
3. When fully mixed, stir in the olive oil.

Cook

1. Preheat the Air-fryer to 390°F.
2. Place the mushroom caps in the cooking basket and slide it into the Air-fryer.
3. Cook the mushrooms for 7-8 minutes or until they are golden and crispy.

Chef's Notes: Air fryer heat evaporates mushroom moisture quickly, concentrating flavor and preventing sogginess.



Pro-Tips

- Press the crumbs into the caps so they stay put while cooking.
- Keep mushrooms in a single layer so the tops turn crisp.

Serve It With:

Steak, roast chicken, pork tenderloin, or risotto.

Cajun Shrimp



Cook: 10 mins.



Serves: 4



Calories: 170



Ingredients

- | | |
|---|------------------------|
| 1-1/4 pounds tiger shrimp (16-20 count) | 1/4 tsp smoked paprika |
| 1/4 tsp cayenne | 1 pinch of salt |
| pepper 1/2 tsp old bay seasoning | 1 Tbsp olive oil |

Instructions

Prep

1. In a mixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices.

Cook

1. Preheat the Air-fryer to 390°F.
2. Place the shrimp into the cooking basket and cook for 5 minutes. Serve over rice.

Pro-Tips

- Pat shrimp dry before seasoning so the spices cling and brown.
- Cook just until pink and firm; shrimp dries out fast.

Serve It With:

Rice or quinoa, green beans, and lemon slaw.

Chef's Notes: Seafood cooks quickly. Circulating heat gives browning without long exposure, keeping it tender.

Chicken Taco Stuffed Poblano Peppers



Cook: 30 mins.



Serves: 3



Calories: 330

Ingredients

FOR THE PEPPERS

3 large poblano peppers
olive oil spray
salt and pepper

1/2 tsp cumin
1/2 cup corn kernels
1/2 cup enchilada sauce
1 cup shredded
Monterey Jack cheese

FOR THE FILLING

12 oz ground chicken
1/2 small onion, diced
1 tsp chili powder

Instructions

Prep

1. Slice poblano peppers lengthwise, remove seeds and ribs
2. Lightly spray peppers with oil and season with salt/pepper.

Precook

1. Preheat air fryer to 400°F.
2. Place peppers cut-side down in the basket and cook 5–6 minutes until slightly softened.
3. Remove from basket.

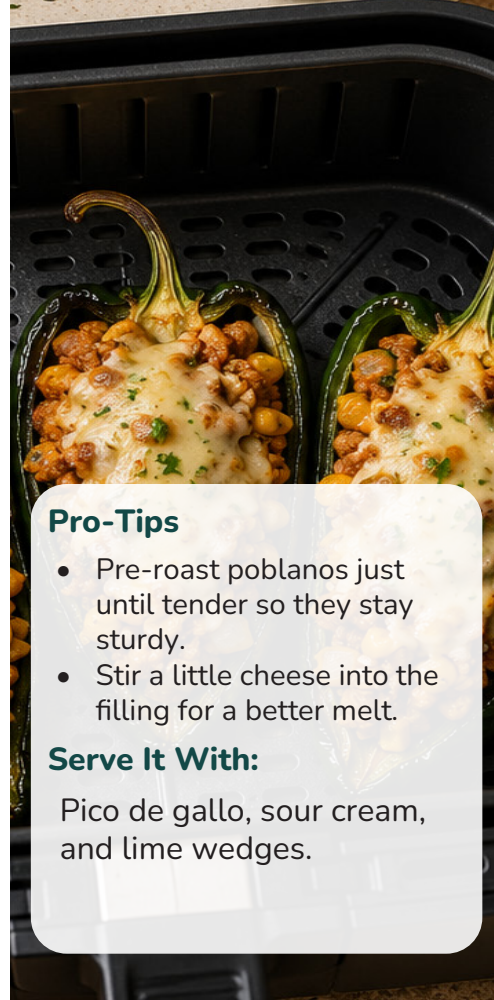
Make the Filling

1. In a skillet over medium heat, cook ground chicken with diced onion until browned.
2. Stir in chili powder and cumin and cook 1–2 minutes until well combined.

Final Cook

1. Turn peppers cut-side up, divide filling evenly among them, and top with shredded cheese
2. Reduce air fryer to 380°F and cook 6–8 minutes until cheese melts and filling is heated through.

Chef's Notes: Pre-roasting softens the poblanos, and the air fryer melts the cheese while lightly blistering the peppers.



Pro-Tips

- Pre-roast poblanos just until tender so they stay sturdy.
- Stir a little cheese into the filling for a better melt.

Serve It With:

Pico de gallo, sour cream, and lime wedges.

Chimichurri Skirt Steak



Cook: 35 mins.



Serves: 4



Calories: 673



Ingredients

1 pound skirt steak

FOR THE CHIMICHURRI

1 cup chopped parsley

¼ cup chopped mint

2 Tbsps chopped oregano

3 chopped garlic cloves

1 tsp crushed red pepper

1 Tbsp ground cumin

1 tsp cayenne pepper

2 tsp smoked paprika

1 tsp salt

¼ tsp black pepper

¾ cup olive oil

3 Tbsps red wine vinegar

Instructions

Prep the steak

1. Combine the ingredients for the chimichurri in a mixing bowl.
2. Cut the steak into 2 8-ounce portions and add to a re-sealable bag, along with ¼ cup of the chimichurri.
3. Refrigerate for 2 hours up to 24 hours.
4. Remove from the refrigerator 30 minutes prior to cooking.
5. Pat steak dry with a paper towel.

Cook

1. Preheat the Air-fryer to 390°F.
2. Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare.
3. Garnish with 2 Tbsps of chimichurri on top and serve.

Note: The time will vary depending upon the size of the steak and the degree of doneness you prefer.

Pro-Tips

- Pat steak dry before cooking so the outside browns well.
- Rest the steak before slicing to keep the juices in.

Serve It With:

Roasted potatoes, grilled vegetables, and arugula salad.

Chef's Notes: High heat browns the steak quickly, and a short rest keeps it juicy.

Mushroom, Onion and Feta Frittata



Cook: 45 mins.



Serves: 4



Calories: 220

Ingredients

- | | |
|----------------------------------|-------------------------------|
| 6 eggs | 2 Tbsps olive oil |
| 4 cups button mushrooms, cleaned | 6 Tbsps feta cheese, crumbled |
| 1 red onion | 1 pinch salt |

Instructions

Prep

1. Peel and slice a red onion into $\frac{1}{4}$ inch thin slices.
2. Clean button mushrooms then cut into $\frac{1}{4}$ inch thin slices.

Pre-cook

1. In a sauté pan with olive oil, sweat onions and mushrooms under a medium flame until tender.
2. Remove from heat and place on a dry kitchen towel to cool.
3. In a mixing bowl crack 6 eggs and whisk thoroughly and vigorously, adding a pinch of salt.
4. In an 8-in. heat resistant baking dish, coat the inside and bottom with a light coating of pan spray.
5. Pour eggs into the baking dish, then the onion and mushroom mixture and then the cheese.

Cook

1. Preheat the Air-fryer to 330°F.
2. Place the baking dish in the cooking basket and cook in the Air-fryer for 27 to 30 minutes.
3. The frittata is done when you can stick a knife into the middle, and the knife comes out clean.

Chef's Notes: Air fryer heat evaporates mushroom moisture quickly, concentrating flavor and preventing sogginess.



Pro-Tips

- Cook the mushrooms and onion first so the frittata doesn't get watery.
- Check the center with a knife before removing it from the air fryer.

Serve It With

Fresh fruit, toast, or roasted tomatoes.

Portobello Pepperoni Pizza



Cook: 10 mins.



Serves: 4



Calories: 160



Ingredients

- | | |
|---|----------------------------------|
| 3 portobello mushroom caps, cleaned and scooped | 12 slices pepperoni |
| 3 Tbsps olive oil | 1 pinch salt |
| 3 Tbsps tomato sauce | 1 pinch dried Italian seasonings |
| 3 Tbsps mozzarella, shredded | |

Instructions

Prep

1. Drizzle olive oil on both sides of the portobello, then season the inside of the portobello with salt and the Italian seasonings.
2. Spread the tomato sauce evenly over the mushroom and then top with cheese.

Cook

1. Preheat the Air-fryer to 330°F.
2. Place the portobello into the cooking basket and slide into the Air-fryer.
3. After 1 minute, remove the cooking basket from the Air-fryer and place the pepperoni slices on top of the portobello pizza.
4. Cook for an additional 3 to 5 minutes.
5. Finish with freshly grated Parmesan cheese and crushed red pepper flakes.

Pro-Tips

- Scoop and season the portobellos well so they hold the sauce without turning soggy.
- Add pepperoni after the first minute so it warms without overcooking.

Serve It With

Simple salad, roasted vegetables, or rice.

Chef's Notes: The air fryer helps pull moisture from the portobellos so the “pizza” stays flavorful instead of soggy.

Roasted Heirloom Tomato with Baked Feta



Cook: 35 mins.



Serves: 4



Calories: 250

Ingredients

2 heirloom tomatoes	1/2 cup chopped basil
1 8-ounce block of feta cheese	1/2 cup Parmesan cheese, grated
1/2 cup red onions, sliced paper thin	3 Tbsps pine nuts, toasted
1 Tbsp olive oil	1 garlic clove
1 pinch salt	1/2 cup olive oil
	1 pinch salt
FOR THE BASIL PESTO	
1/2 cup parsley, roughly chopped	

Instructions

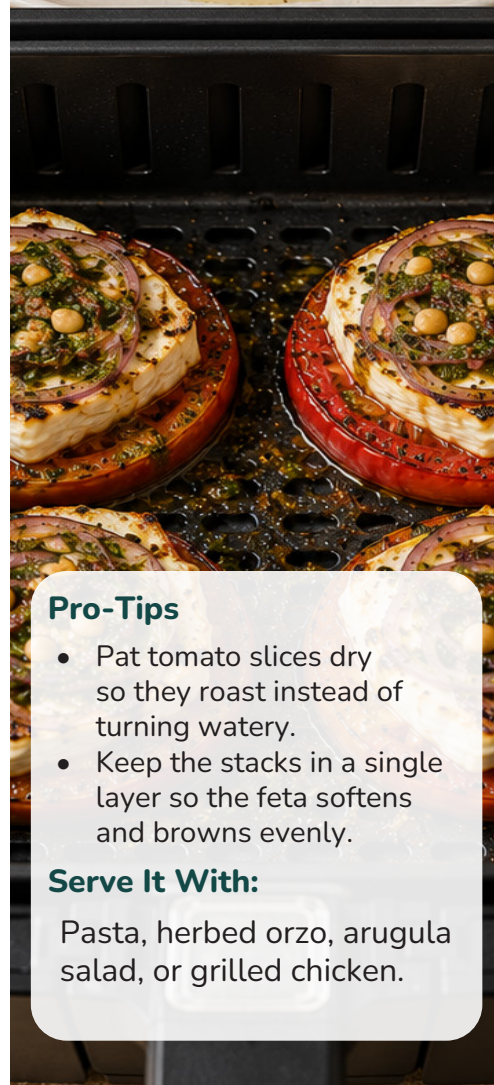
Make the pesto

1. In a food processor, add parsley, basil, Parmesan, garlic, toasted pine nuts and salt.
2. Turn on the food processor and slowly add the olive oil.
3. Once all of the olive oil is incorporated into the pesto, store and refrigerate until ready to use.
4. Slice the tomato and the feta into 1/2 inch thick circular slices.
5. Pat tomato dry with a paper towel.
6. Spread 1 Tbsp of the pesto on top of each tomato slice and top with the feta.
7. Toss the red onions with 1 Tbsp of olive oil and place on top of the feta.

Cook

1. Preheat the Air-fryer to 390°F.
2. Place the tomatoes/feta into the cooking basket and cook for 12-14 minutes or until the feta starts to soften and brown.
3. Finish with a pinch of salt and an additional spoonful of basil pesto.

Chef's Notes: Hot circulating air crisps and browns with far less oil than frying.



Pro-Tips

- Pat tomato slices dry so they roast instead of turning watery.
- Keep the stacks in a single layer so the feta softens and browns evenly.

Serve It With:

Pasta, herbed orzo, arugula salad, or grilled chicken.

Roasted Rack of Lamb with a Macadamia Crust



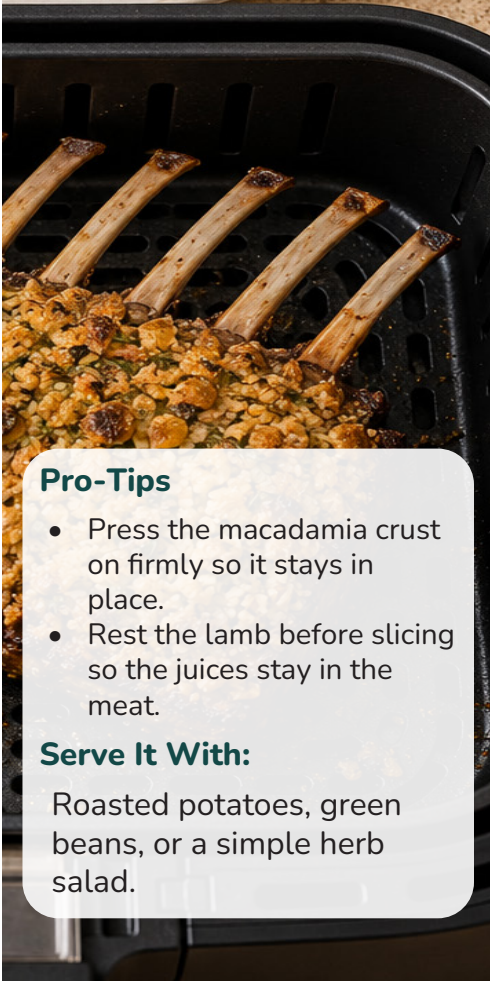
Cook: 40 mins.



Serves: 4



Calories: 590



Ingredients

LAMB

1 garlic clove
1 tbsp olive oil
1-3/4 pound rack of lamb
pepper and salt

MACADAMIA CRUST

3 oz unsalted macadamia nuts
1 tbsp breadcrumbs (preferably homemade)
1 tbsp fresh rosemary, chopped
1 egg

Instructions

Prep

1. Finely chop the garlic.
2. Mix the olive oil and garlic to make garlic oil.
3. Brush the rack of lamb with the oil and season with pepper and salt.
4. Finely chop the nuts and place them into a bowl. Stir in the breadcrumbs and rosemary. Whisk the egg in another bowl.
5. To coat the lamb, dip the meat into the egg mixture, draining off any excess. Coat the lamb with the macadamia crust.

Cook

1. Preheat the Air-fryer to 220°F.
2. Put the coated lamb rack in the Air-fryer basket and slide the basket into the Air-fryer.
3. Set the timer for 30 minutes.
4. After 30 minutes, increase the temperature to 390°F and set the timer for another 5 minutes.
5. Remove the meat and leave to rest, covered with aluminum foil, for 10 minutes before serving.

Pro-Tips

- Press the macadamia crust on firmly so it stays in place.
- Rest the lamb before slicing so the juices stay in the meat.

Serve It With:

Roasted potatoes, green beans, or a simple herb salad.

Chef's Notes: Hot airflow browns the crust, and resting keeps the lamb juicy.

Salmon with Dill Sauce



Cook: 30 mins.



Serves: 4



Calories: 450

Ingredients

FOR THE SALMON

1½ pounds salmon (4 pieces, 6oz each)
2 tsp 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 Tbsps dill, finely chopped

Instructions

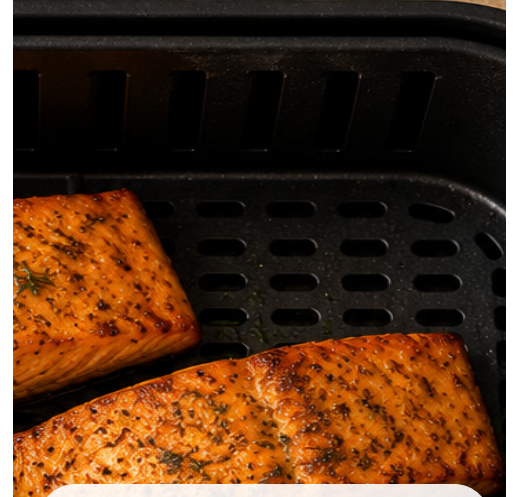
Prep

1. Cut the salmon into four 6-ounce portions
2. Drizzle 1 tsp of olive oil over each piece.
3. Season with a pinch of salt.

Cook

1. Preheat the Air-fryer to 270°F.
2. Place the salmon into the cooking basket and cook for 20-23 minutes. Make the dill sauce.
3. In a mixing bowl combine the yogurt, sour cream, chopped dill and salt.
4. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.

Chef's Notes: Circulating heat cooks seafood quickly, helping it stay tender.



Pro-Tips

- Coat salmon lightly with oil so it stays moist as it cooks.
- Leave space between pieces so they cook evenly.

Serve It With:

Rice or quinoa, green beans, and lemon slaw.

Teriyaki Glazed Halibut Steak



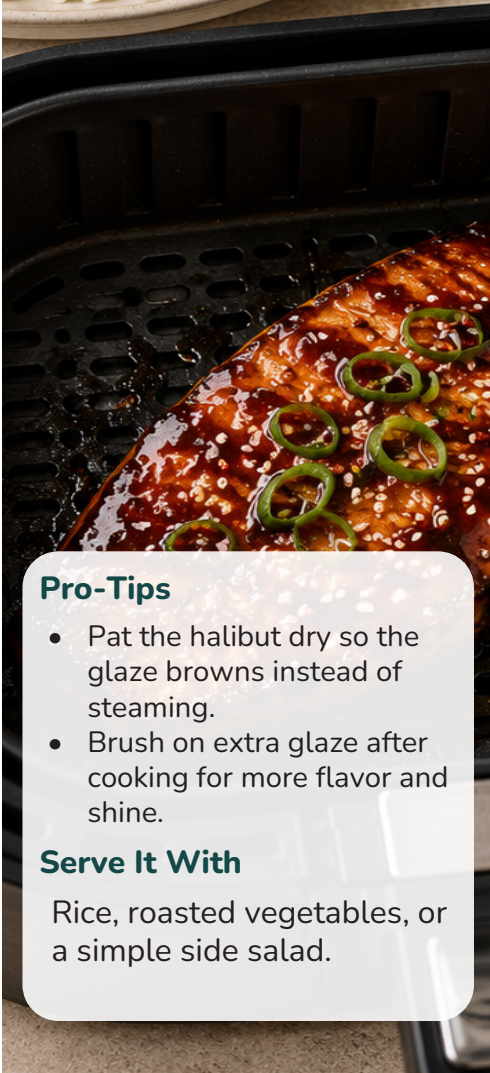
Cook: 39-41 mins.



Serves: 4



Calories: 208



Ingredients

- | | |
|---------------------------------------|-----------------------------------|
| 1 pound halibut steak | 2 Tbsps lime juice |
| FOR THE MARINADE: | 1/4 cup orange juice |
| 2/3 cup soy sauce (low sodium) | 1/4 tsp crushed red pepper flakes |
| 1/2 cup mirin (Japanese cooking wine) | 1/4 tsp ginger ground |
| 1/4 cup sugar | 1 each garlic clove (smashed) |

Instructions

Make Marinade

1. In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
2. Bring to a boil and reduce by half, then cool.
3. Once cooled pour half of the glaze/marinade into a resealable bag with the halibut.
4. Refrigerate for 30 minutes.

Cook

1. Preheat the Air-fryer to 390°F.
2. Place marinated halibut into the Air-fryer and cook for 10-12 minutes.
3. When finished brush a little of the remaining glaze over the halibut steak.
4. Serve over a bed of white rice with basil/mint chutney.

Pro-Tips

- Pat the halibut dry so the glaze browns instead of steaming.
- Brush on extra glaze after cooking for more flavor and shine.

Serve It With

Rice, roasted vegetables, or a simple side salad.

Chef's Notes: Circulating heat cooks the halibut quickly, keeping it tender while the glaze browns.

Tex-Mex Pork Stuffed Poblano Peppers



Cook: 30 mins.



Serves: 3



Calories: 530

Ingredients

FOR THE PEPPERS

3 large poblano peppers
olive oil spray
Salt and pepper

FOR THE FILLING

12 oz ground pork
1/2 small onion, diced
1 tsp chili powder
1/2 tsp cumin
1/2 cup corn kernels
1/2 cup enchilada sauce
1 cup shredded Monterey Jack cheese

Instructions

Prep

1. Slice poblano peppers lengthwise, remove seeds and ribs.
2. Spray with oil and season with salt and pepper.

Precook

1. Place peppers cut-side down in the basket
2. Cook 5–6 minutes until slightly softened.
3. Remove from fryer basket.

Make the Filling

1. Brown pork with onion over medium heat.
2. Add chili powder, cumin, salt, and pepper; cook 1–2 minutes, until fragrant.
3. Stir in corn and enchilada sauce.

Final Cook

1. Spoon filling into peppers and top with cheese.
2. Preheat air fryer to 400°F, then reduce to 380°F
3. Cook 6–8 minutes, until cheese melts and filling is hot.

Chef's Notes: The air fryer softens the poblanos, melts the cheese, and lightly crisps the filling edges.



Pro-Tips

- Pre-roast poblanos just until tender so they hold their shape.
- Don't overfill; leave room for the cheese to melt cleanly.

Serve It With:

Cilantro lime rice, black beans, or fresh pico de gallo.

Crispy Potato Skin Wedges



Cook: Active 1 hr 25 mins.



Serves: 6



Calories: 208



Ingredients

6 medium russet
potatoes
2 Tbsps canola oil

1½ tsp paprika
Black pepper and salt, to
taste

Instructions

Potatoes Prep

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

Prep the seasonings

1. In a mixing bowl combine canola oil, paprika, salt and black pepper.
2. Cut cooled potatoes into quarters
3. Lightly toss in the mixture of oil and spices.
4. Air-fry the potatoes

Cook

1. Preheat the Air-fryer to 390°F.
2. Add the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd.
3. Cook the wedges for 14-16 minutes or until golden brown.

Pro-Tips

- For extra crunch, rough up the cut sides slightly with a fork before seasoning.
- Add a pinch of garlic powder or cayenne to the seasoning for more flavor.

Serve It With

Sour cream, Greek yogurt, chili, or pulled pork.

Chef's Notes: Par-cooking gives the potatoes soft centers, while the air fryer crisps the exposed edges and skins.

French Fries



Cook: 1 hr



Serves: 4



Calories: 312

Ingredients

6 medium russet potatoes, peeled

2 Tbsp olive oil

Instructions

Prep the Potatoes

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

Cook the Potatoes

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

Note: Serve with your favorite dipping sauce.

Chef's Notes: Soaking helps the fries crisp, and shaking during cooking helps them brown evenly.



Pro-Tips

- Cut fries as evenly as possible so the thin ones don't burn before the thick ones crisp.
- Season right after cooking while the fries are still hot.

Serve It With

Burgers, sandwiches, fish nuggets, or coleslaw.

Potato Croquettes



Cook: 45 mins.



Serves: 4



Calories: 330



Ingredients

THE FILLING

4 med. russet potatoes,
peeled and cubed
2 egg yolks
1 cup Parmesan cheese,
grated
2 Tbsps all-purpose flour
3 Tbsps chives, finely
chopped

1 pinch salt
1 pinch black pepper
1 pinch nutmeg

THE BREADING

3 Tbsps vegetable oil
3/4 cup all-purpose flour
2 eggs, beaten
3/4 cup breadcrumbs

Instructions

Potato Prep

1. Boil the potato cubes in salted water for 15 minutes.
2. Drain, mash finely.
3. Cool completely.

Make the Filling

1. Mix in the egg yolk, cheese, flour and chives.
2. Season with salt, pepper and nutmeg.
3. Shape into golf-ball-sized balls.
4. Mix oil and breadcrumbs until loose and crumbly.
5. Coat each ball in flour, egg, then breadcrumbs.
6. Roll into cylinders and press coating firmly.

Cook the Croquettes

1. Preheat the Air-fryer to 390°F.
2. Cook croquettes 7–8 mins, until golden brown.

Pro-Tips

- Dry surfaces to ensure crispness.
- Shake or flip halfway for even browning.

Serve It With:

Garlic aioli, crunchy salad,
or pickles.

Chef's Notes: Dry, exposed surfaces help the croquettes crisp, while firm breading keeps the coating in place.

Potatoes au Gratin



Cook: 45 mins.



Serves: 6



Calories: 315

Ingredients

7 medium russet
potatoes, peeled
1/2 cup milk
1/2 cup cream

1 tsp black pepper
1 tsp salt
1/2 tsp nutmeg
1/2 cup Gruyère or semi-
mature cheese, grated

Instructions

Potato Prep

1. Preheat the Air-fryer to 390°F.
2. Slice the potatoes wafer-thin.
3. Mix the milk, cream, salt, pepper, and nutmeg.
4. Toss potato slices with enough milk mixture to coat.

Layer

1. Place half the potatoes in an 8-inch heat-safe dish.
2. Pour half the remaining milk mixture over them.
3. Add remaining potatoes and pour the rest of the milk mixture on top.

Cook

1. Place dish in air fryer basket and cook 25 mins.
2. Sprinkle cheese evenly over potatoes.
3. Cook 10 more mins, until browned.

Chef's Notes: The compact air fryer chamber heats the dish efficiently, browning the top while the sauce thickens—no big oven needed.



Pro-Tips

- Slice potatoes evenly so the layers cook at the same speed.
- Let the gratin rest a few minutes before serving so it sets.

Serve It With:

Roast chicken, pork chops, green beans, or a crisp salad.

Rosemary Russet Potato Chips



Cook: 1 hr 10 mins.



Serves: 4



Calories: 198



Ingredients

4 medium russet
potatoes
1 Tbsp olive oil

2 tsp rosemary, chopped
2 pinches salt

Instructions

Potato Prep

1. Scrub the potatoes under running water to clean.
2. Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water.
3. Soak the potatoes for 30 minutes, changing the water several times.
4. Drain thoroughly
5. Pat completely dry with a paper towel.

Cook the Potatoes

6. Preheat the Air-fryer to 330°F.
7. In a mixing bowl, toss the potatoes with olive oil.
8. Place them into the cooking basket and cook for 30 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly.
9. When finished and still warm, toss in a large bowl with rosemary and salt.

Pro-Tips

- Use a mandolin if you have one so the chips cook evenly.
- Add rosemary after cooking so it stays fragrant instead of burning.

Serve It With

Grilled chicken, sausages, a simple salad, or aioli.

Chef's Notes: Thin slices crisp quickly as the air fryer removes moisture, and a light oil coat helps them brown evenly.

Roasted Winter Vegetables



Cook: 25 mins.



Serves: 6



Calories: 74

Ingredients

- | | |
|-------------------------------|--------------------------------------|
| 1-1/3 cup parsnips (1 small) | 1-1/3 cup butternut squash (1 small) |
| 1-1/3 cup celery (3-4 stalks) | 1 tbsp fresh thyme |
| 2 red onions | 1 tbsp olive oil |
| | pepper and salt |

Instructions

Prep the Vegetables

1. Preheat the Air-fryer to 390°F.
2. Peel the parsnips and onions.
3. Cut the parsnips and celery into 2 cm cubes
4. Cut the onions into wedges.
5. Halve the butternut squash, remove the seeds and cut into cubes. (There's no need to peel it.)
6. Mix the cut vegetables with the thyme and olive oil.
7. Season to taste.

Cook the Vegetables

1. Place the vegetables into the basket and slide the basket into the Air-fryer.
2. Set the timer for 20 minutes and roast the vegetables until the timer rings and the vegetables are nicely brown and done.
3. Stir the vegetables once while roasting.

Chef's Notes: Circulating hot air browns and crisps efficiently, giving roasted texture with far less oil than traditional frying.



Pro-Tips

- Cut the harder vegetables smaller so everything finishes together.
- Add thyme before cooking, but finish with a tiny pinch of salt after roasting.

Serve It With

Chicken, beef, fish, rice, or lemon-herb yogurt sauce.

Cod Fish Nuggets



Cook: 25 mins.



Serves: 4



Calories: 375



Pro-Tips

- Choose thicker cod pieces when possible so the nuggets stay tender.
- Spritz any dry flour spots with oil before cooking for a more even crust.

Serve It With

French fries, lemon wedges, ketchup, or mustard.

Ingredients

1 pound cod

FOR THE BREADING

2 Tbsps olive oil
1 cup all-purpose flour
2 eggs, beaten
3/4 cup panko
breadcrumbs
1 pinch salt

Instructions

Prep Fish

1. Preheat the Air-fryer to 390°F.
2. Cut the cod into strips approximately 1-inch by 2.5-inches in length.
3. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb.
4. In three separate bowls, set aside panko mixture, eggs and flour.
5. Place each piece of cod into the flour, then the eggs and then the breadcrumbs.
6. Press the fish firmly into breadcrumbs to ensure that they adhere to the fish.
7. Shake off any excess breadcrumbs.

Cook

1. Preheat the Air-fryer to 390°F.
2. Add the cod nuggets to the cooking basket, cooking for 8-10 minutes or until golden brown.

Chef's Notes: High heat crisps the coating before the fish overcooks. Airflow browns evenly without oil soaking.

Country Chicken Tenders



Cook: 25 mins.



Serves: 4



Calories: 300

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 tsp salt
1 tsp black pepper
2 Tbsps olive oil

Instructions

Prep Chicken

1. In three separate bowls, set aside the breadcrumbs, eggs and flour.
2. Season the breadcrumbs with salt and pepper.
3. Add olive oil to the breadcrumbs and mix well.
4. Place the chicken in the flour, then dip into the eggs and finally coat with the breadcrumbs.
5. Press to ensure breadcrumbs are coated securely and evenly to the chicken.
6. Shake off any excess breading prior to placing in the cooking basket.

Cook

1. Preheat the Air-fryer to 330°F.
2. Cook the chicken tenders for 10 minutes at 330°F and then for 5 minutes at 390°F or until golden brown.

Chef's Notes: The air fryer sets breading fast so it stays crisp while chicken cooks through—without frying oil.



Pro-Tips

- Use similar-sized tenders so they finish cooking at the same time.
- Spritz pale spots lightly with oil before the final high-heat cook.

Serve It With

French fries, lemon wedges, ketchup, or mustard.

Grilled Cheese



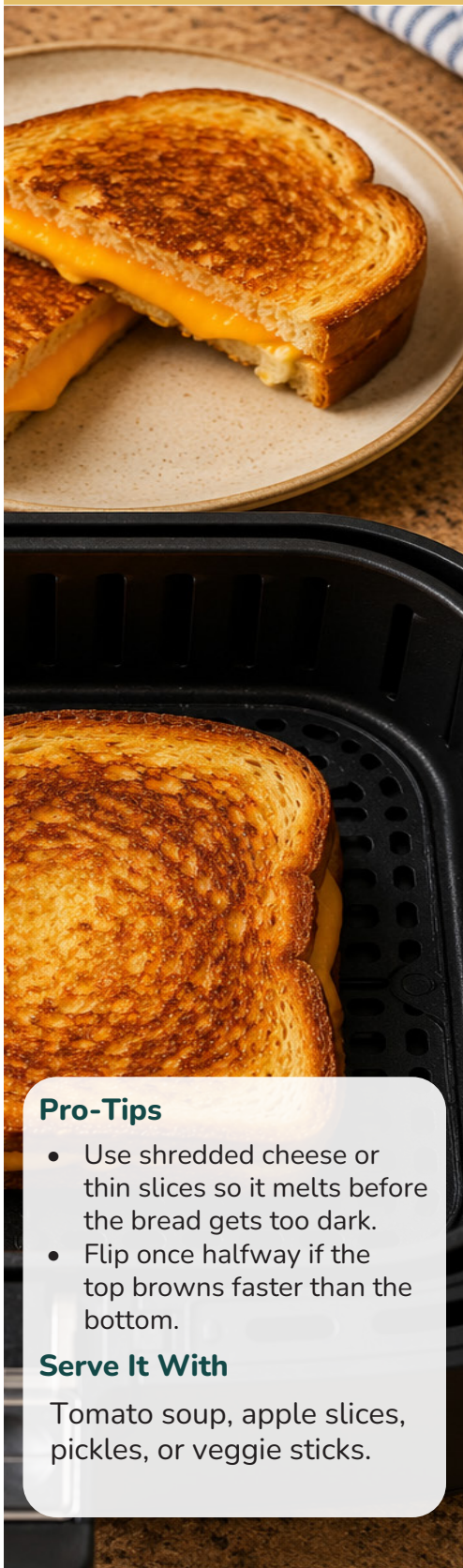
Cook: 15 mins.



Serves: 4



Calories: 260



Ingredients

4 slices of brioche or white bread
1/2 cup sharp cheddar cheese
1/4 cup butter, melted

Instructions

Prep

1. Place cheese and butter in separate bowls.
2. Brush the butter on each side of the 4 slices of bread.
3. Place the cheese on 2 of the 4 pieces of bread.

Cook

1. Preheat the Air-fryer to 360°F.
2. Put the grilled cheese together and add to the cooking basket.
3. Cook for 5-7 minutes or until golden brown and the cheese has melted.

Pro-Tips

- Use shredded cheese or thin slices so it melts before the bread gets too dark.
- Flip once halfway if the top browns faster than the bottom.

Serve It With

Tomato soup, apple slices, pickles, or veggie sticks.

Chef's Notes: Circulating hot air browns and crisps efficiently, giving roasted texture with far less oil than traditional frying.

Mini Cheeseburger Sliders



Cook: 15 min



Serves: 4



Calories: 480

Ingredients

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

Instructions

Prep

1. Form the ground beef into 6 2.5-ounce patties
2. Season with salt and pepper.

Cook

1. Preheat the Air-fryer to 390°F.
2. Add the burgers to the cooking basket and cook for 10 minutes.
3. Remove from the Air-fryer
4. Place the cheese on top of the burgers and return to the Air- fryer to cook for one more minute.

Chef's Notes: High heat browns the sliders quickly, and a short rest helps keep them juicy.



Pro-Tips

- Make the patties a little wider than the rolls since they shrink as they cook.
- Add cheese during the last minute so it melts without sliding off.

Serve It With

French fries, pickles, ketchup, or mustard.

Peanut Butter Marshmallow Fluff Turnovers



Cook: 20 mins.



Serves: 4



Calories: 270



Ingredients

4 sheets filo pastry, defrosted	4 tsp marshmallow fluff
4 Tbsps chunky peanut butter	2 ounces butter, melted
	1 pinch sea salt

Instructions

Prep

1. Brush 1 filo sheet with butter, top with another sheet, and butter again.
2. Repeat until all 4 sheets are stacked.
3. Cut filo into four 3 x 12-inch strips.
4. Add 1 Tbsp peanut butter and 1 tsp marshmallow fluff to one end of each strip.
5. Fold into triangles, zigzag-style, until fully wrapped.
6. Seal ends with a little butter.

Cook

1. Preheat the Air-fryer to 360°F.
2. Cook turnovers 3–5 mins, until golden and puffy.
3. Finish with a touch of sea salt.

Pro-Tips

- Keep the filling close to one end so the triangles fold neatly.
- Seal the edges well so the fluff stays inside while baking.

Serve It With

Vanilla ice cream, fresh berries, or whipped cream.

Chef's Notes: Air fryer baking is steady and efficient. The small chamber holds heat well, helping baked items set evenly.

Chocolate Cake



Cook: 45 mins.



Serves: 8



Calories: 410

Ingredients

CAKE

3 eggs
1/2 cup sour cream
1 cup flour
2/3 cup caster sugar
(white or fine)
9 Tbsps unsalted butter
6 Tbsps cocoa powder
1 tsp baking powder

1/2 tsp baking soda

2 tsp vanilla

CHOCOLATE ICING

5.5 oz chocolate
3-1/2 Tbsps unsalted
softened butter
1-2/3 cup icing sugar
1 tsp vanilla

Instructions

Prep

1. Mix cake ingredients in a food processor or bowl.
2. Transfer to the oven dish.
3. Place dish in air fryer basket.

Cook

1. Preheat the Air-fryer to 320°F.
2. Cook 35 mins.
3. Test with a toothpick. If sticky, cook 5 more mins.
4. Cool cake on a wire rack.

Ice and Serve

1. Melt chocolate in microwave and cool slightly.
2. Mix icing ingredients together.
3. Remove cooled cake from dish.
4. Cover with icing and serve.

Chef's Notes: Air fryer baking is steady and efficient. The small chamber holds heat well, helping baked items set evenly.



Pro-Tips

- Use a dish that leaves space around the sides so heat can move evenly.
- Let the cake cool fully before icing so the topping sets instead of sliding.

Serve It With

Vanilla ice cream, fresh berries, powdered sugar, or whipped cream.

Apricot Blackberry Crumble



Cook: 30 mins.



Serves: 4



Calories: 415



Ingredients

18 oz fresh apricots	2 Tbsps lemon juice
5-1/2 oz fresh blackberries	1 cup flour
1/2 cup sugar	salt
	5 Tbsps cold butter

Instructions

Prep

1. Halve apricots, remove stones, and cube.
2. Mix apricots, blackberries, 2 Tbsp sugar, and lemon juice.
3. Spread fruit in oven-safe dish.
4. Mix the flour with a pinch of salt and the remaining sugar.
5. Add butter and 1 Tbsp cold water; rub into crumbs.

Cook

1. Preheat the Air-fryer to 390°F.
2. Sprinkle crumble over fruit and press lightly.
3. Place dish in basket and cook 20 mins, until golden and cooked through.

Pro-Tips

- Keep the fruit pieces similar in size so they soften evenly.
- Press the crumble topping lightly so it stays crumbly, not packed.

Serve It With

Ice cream, berries, or whipped cream.

Chef's Notes: Air fryer baking is steady and efficient. The small chamber holds heat well, helping baked items set evenly.

Vanilla Soufflé



Cook: 1 hr 30 mins.



Serves: 4



Calories: 320

Ingredients

1/4 cup all-purpose flour	1 vanilla bean
1/4 cup butter, softened	5 egg whites
1 cup whole milk	4 egg yolks
1/4 cup sugar	1 ounce sugar
2 tsp vanilla extract	1 tsp cream of tartar

Instructions

Prep the Filling

1. Mix flour and butter into a smooth paste.
2. Heat milk and sugar in a saucepan.
3. Add the vanilla bean and bring to a boil.
4. Whisk in flour-butter paste until smooth.
5. Simmer several mins, until thickened.
6. Remove from heat, discard vanilla bean, and cool 10 mins in an ice bath.

Prep the Soufflé Base

1. Butter six 3-oz ramekins and sprinkle with sugar.
2. Beat egg yolks with vanilla extract, then mix into cooled filling.
3. Beat egg whites, sugar, and cream of tartar to medium-stiff peaks.
4. Fold whites into soufflé base.
5. Fill ramekins and smooth tops.

Cook

1. Preheat air fryer to 330°F.
2. Cook 3 ramekins for 14–16 mins.
3. Repeat with remaining ramekins.

Chef's Notes: Air fryer baking is steady and efficient. The small chamber holds heat well, helping baked items set evenly.



Pro-Tips

- Butter and sugar the ramekins well so the soufflés rise cleanly.
- Fold egg whites gently so the batter stays light and airy.

Serve It With

Powdered sugar and chocolate sauce, berries and whipped cream, or vanilla ice cream.



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