

Power AirFryer Oven

ERIC THEISS

***PowerAirFryer
Oven***

First Edition

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I want to thank my wife, Jesse, for keeping our life in order while I focused on this project (and Cameron and Max for making that nearly impossible) and my mom, Arlene, who raised me to appreciate good food and taught me to always cook with love.

A handwritten signature in black ink, appearing to read 'Eric Theiss', with a stylized flourish at the end.

Eric Theiss



About The Author



Eric Theiss's culinary savoir-faire started in northern NJ when his Italian mother, sensing a talent for cooking in six-year-old Eric, borrowed the first cookbook he would ever use from the public library. Her intuition was correct, and Eric began a life of culinary work. As a young adult, he continued to fuel his passion for food and fine dining. During his early 20s, this passion manifested itself in the long nights Eric spent working in NJ restaurants, including his favorite kitchen at The Culinary Renaissance, where acclaimed chef Frank Falcinelli (owner of NY coffee shop Cafe Pedlar and restaurants Frankies 457 Spuntino, Frankies 570 Spuntino, and Prime Meats) exposed Eric to a level of culinary excellence that inspired Eric to strive. In 1997, Eric took a leap of faith and opened his own fine dining restaurant and bar in West Chester, PA called Meritage, which enjoyed rave reviews from some prominent Philadelphia food critics. With Meritage, his dream of owning and operating a fine dining establishment was fully realized.

A few years later, utilizing his inventive and creative flair, Eric moved on to the culinary broadcast world, working in product development for not only QVC's proprietary

kitchenware lines but also celebrity lines (Paula Deen, Emeril, Rocco, Rachael Ray, and Lidia Bastianich) and his own personal line of kitchen tools and cookware.

Eric has been a popular TV chef presenter for over 15 years on QVC's live shows, promoting both his own brands and a variety of well-known national kitchen brands. In addition, Eric owns and operates a company that brokers many new and innovative products for QVC. His most recent business venture, a successful new publishing company, publishes and distributes cookbooks and pamphlets nationwide.

Currently, Eric hosts several successful, award-winning long-form infomercials for products such as the Power Pressure Cooker XL, Copper Chef, and the Power AirFryer XL, each of which has sold millions of units. Eric wrote this cookbook to complement the Power AirFryer Oven infomercial, and the book contains many delicious recipes and tips.

Eric currently lives near the live studios at QVC in PA along with his wife, Jessica, and his two sons, Cameron and Maxwell.

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Questions & Answers

1. What is the capacity?

The Power AirFryer Oven is large enough to accommodate a 9" round pizza or cake, a 9 x 5" loaf pan, or a 3-lb chicken.

2. Can I adjust the cooking time manually?

Yes! You can manually program the Power AirFryer Oven to your chosen time and temperature. Alternatively, the Power AirFryer Oven has eight one-touch preset functions.

3. Can I put frozen foods in the Power AirFryer Oven without defrosting them first?

Yes! You do not have to allow frozen foods to thaw before cooking in the Power AirFryer Oven.

4. Can I check my meals during the cooking process?

The Rotating Mesh Basket can be removed at any time during cooking. If you wish, you may flip food on the Air Flow Racks to help ensure even cooking. The Power AirFryer Oven will resume its previously programmed cooking cycle. Alternatively, you can turn on the light and watch your meals cook through the glass door.

5. Is it possible to shut off the unit at any time?

Yes. Simply press the Power Button once. Opening the door pauses the cooking cycle.

6. Can I make more than one type of food at once?

Absolutely! The Power AirFryer Oven is designed with three levels of Air Flow Racks.

7. How do I dehydrate in the Power AirFryer Oven?

The Power AirFryer Oven is designed with a pro-grade, built-in Dehydrator. You can easily dehydrate your favorite fresh meats, fruits, and veggies with no added sugar right at home on any or all of the three included Air Flow Racks. See the Owner's Manual for specific instructions.

8. Can I make kabobs in the Power AirFryer Oven?

Yes! The Power AirFryer Oven is designed with a pro-grade Rotisserie function that includes Skewers. Rotisserie an entire chicken to tender, crisp perfection or make juicy, authentic kabobs right in your own kitchen.

9. Do I have to use oil?

It is not necessary to use oil to air fry. The Power AirFryer Oven cooks food with superheated air instead of oil. You may spray or coat your food with oil as desired for added flavor. Do not pour oil directly into the unit.

10. Do I need to preheat the Power AirFryer Oven?

You don't have to wait for the unit to heat up. With the Power AirFryer Oven, there is no lengthy preheating process; the unit heats up almost instantly. If cooking from a cold start, we recommend adding three minutes to your cooking time to compensate.





Why the Power AirFryer Oven?

Air frying is quickly becoming a favorite cooking method because everyone loves fried food, and now you can fry your foods the healthy way—without the guilt. Frying with air means you still get to enjoy all that great crispiness and flavor without the extra fat and calories that come along with traditional frying in oil. I still enjoy deep-fried foods sometimes, but air frying is nice because it gives you a lighter option without sacrificing flavor.

First, we brought you the Power AirFryer XL, and people absolutely LOVE it, so we decided to take that technology and make it even better with the all-new Power AirFryer Oven! It fits so much more food all at once and uses 1700 watts of power and cyclonic air technology to air fry delicious meals quickly without all the guilt associated with frying in oil. You get that beloved fried food taste and texture with up to 70% fewer calories from fat! This unit comes with multiple stainless steel shelves, giving you more room for air frying, baking, broiling, toasting, and dehydrating using 360° of cyclonic air.

While the big story with this Oven is its expanded capacity for air frying so much food all at once, it also can do much more than air fryers could before. The Power AirFryer Oven is also a rotisserie and a dehydrator! The Oven's one-touch technology and preset cooking times and temperatures allow you to do all this at the touch of a button. Happy air frying!

Equivalency Charts



The charts below use standard U.S. Government guidelines.

The charts offer equivalents for United States, metric, and Imperial (U.K.) measures. All conversions are approximate and most have been rounded up or down to the nearest whole number.*

Examples below:

1 tsp. = 4.929 millimeters - rounded up to 5 millimeters

1 oz = 28.349 grams - rounded to 28 grams

Liquid or Volume Measurements

	<i>Pint</i>	<i>Quart</i>	<i>Gallon</i>	<i>U.S. Fluid Ounce</i>	<i>U.S. Tablespoon</i>
jigger or measure	-	-	-	1.5	3
1 cup	½	-	-	8	16
2 cups	1	-	-	16	32
4 cups	2	1	¼	32	64

* <http://whatscookingamerica.net/Q-A/equiv.htm>

Dry/Weight Measurements

$\frac{1}{16}$ teaspoon	a dash	
$\frac{1}{8}$ teaspoon	a pinch or 6 drops	
$\frac{1}{4}$ teaspoon	15 drops	
$\frac{1}{2}$ teaspoon	30 drops	
1 teaspoon	$\frac{1}{3}$ tbsp.	$\frac{1}{8}$ oz
3 teaspoons	1 tbsp.	$\frac{1}{2}$ oz
1 tablespoon	3 tsp.	$\frac{1}{2}$ oz
2 tablespoons	$\frac{1}{8}$ cup	1 oz
4 tablespoons	$\frac{1}{4}$ cup	2 oz
5 tablespoons plus 1 teaspoon	$\frac{1}{3}$ cup	2.6 oz
8 tablespoons	$\frac{1}{2}$ cup	4 oz
10 tablespoons plus 2 teaspoons	$\frac{2}{3}$ cup	5.2 oz
12 tablespoons	$\frac{3}{4}$ cup	6 oz
16 tablespoons	1 cup	8 oz
32 tablespoons	2 cups	16 oz
64 tablespoons	4 cups or 1 quart	32 oz

Cooking Temperature Charts

Safe steps in food handling, cooking, and storage are essential for preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. Let rest for a minimum of 10 mins. before serving unless indicated otherwise.

In every step of food preparation, follow the four guidelines to help keep food safe:

Clean—Wash hands and surfaces often.

Separate—Separate raw meat from other foods.

Cook—Cook to the right temperature.

Chill—Refrigerate food promptly.

<i>Doneness</i>	<i>Serving Temperature</i>	<i>Serving Temperature</i>
	<i>Eric's Recommendation</i>	<i>USDA's Recommendation</i>
<i>Beef, Lamb, Pork, Veal Steaks, Chops & Roasts</i>		
Rare	125° F (52° C)	*
Medium Rare	130° F (54° C)	*
Medium	135° F (57° C)	
Medium Well	150° F (65° C)	Minimum Internal Temperature & Rest Time: 145° F (63° C) and allow to rest for at least 3 mins.*
Well Done	Over 150° F (over 65° C)	

Doneness**Serving Temperature****Serving Temperature****Eric's Recommendation****USDA's Recommendation****Ground Meats, Burgers, Meatloaf & Sausages Except Poultry**

Recommended

160° F (71° C)

Minimum Internal Temperature: 160° F (71° C)*

Burgers (Beef)

Recommended

140° F (60° C)

160° F (71° C)

Pork Ribs, Pork Shoulders

Tender and Juicy

180-190° F (82-88° C)

*

Precooked Ham

Recommended

140° F (60° C)

Reheat cooked hams packaged in USDA-inspected plants to 140° F (60° C); all others to 165° F (74° C)*

Turkey & Chicken, Whole or Ground

Recommended

165° F (74° C)

Minimum Internal Temperature: 165° F (74° C)*

Fish

Rare

125° F (52° C)

*

Medium

135° F (57° C)

*

Well Done

145° F (63° C)

Minimum Internal Temperature: 145° F (63° C)*

Unpasteurized Eggs

Recommended

160° F (71° C)

Minimum Internal Temperature: 160° F (71° C)*

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
<http://fsis.usda.gov/>



Eric's Favorite Rubs

I make these rubs and store them in small **air-tight containers**.

These recipes **yield about ½ cup**. Making extra rubs saves time and money, and you will enjoy having some versatile flavors at the ready in your cooking arsenal. These rubs are great for meat, fish, and poultry, and you can also sprinkle the Everyday Rub on a salad for some extra punch. Try the Poultry Rub on grilled veggies. The Red Meat Rub is great for flavoring your meatloaf mix. See how many different things you can do with them!

Directions:

Mix all of the ingredients together until well incorporated. You can make into a fine powder by placing into a blender or spice grinder.

Poultry

2 tbsp. crushed sea salt
2 tbsp. paprika
1 tsp. sugar
1 tbsp. turmeric
2 tsp. garlic powder
2 tsp. granulated dried onion
1 tbsp. ground thyme
1 tsp. mustard powder
½ tsp. cayenne
2 tsp. dried lemon peel
1 tbsp. black ground pepper

Everyday

2 tbsp. crushed sea salt
2 tbsp. crushed black pepper
2 tbsp. granulated garlic
2 tbsp. granulated onion
1 tbsp. dried basil
½ tsp. red pepper flakes
1 tbsp. coriander
1 tsp. dry mustard
1 tsp. brown sugar

Fish

1 tbsp. crushed sea salt
1 tbsp. onion powder
1 tsp. thyme
2 tsp. tarragon
1 tbsp. dried parsley
1 tbsp. dried chives
1 tbsp. ground white pepper
1 tbsp. dried lemon peel
1 tsp. celery seed

Red Meat

2 tbsp. crushed sea salt
2 tbsp. brown sugar
2 tbsp. ground black coffee
1 tbsp. granulated garlic
1 tbsp. granulated onion
1 tbsp. cumin
1 tbsp. coriander
1 tbsp. freshly ground black pepper

Seasoned Salt

1 cup coarse ground sea salt
¼ cup black peppercorns

3 sprigs rosemary
4 sprigs thyme
2 sprigs sage

3 sprigs tarragon
1 clove garlic, peeled

Using the Accessories

Rotating Basket*



Before heating, put food into the Rotating Mesh Basket and place into the Oven.



Remove food from the Oven using the Fetch Tool or oven mitts and enjoy!

Air Flow Racks



Before heating, arrange food on Air Flow Racks and place into the Oven.



Remove food from the Oven while wearing oven mitts and enjoy!

*The Rotating Mesh Basket is great for cooking roasted vegetables and potatoes; party food, like nuts and mixes; frozen food, like French fries, popcorn shrimp, and popcorn chicken; and many other snacks.

†See owner's manual for complete assembly and operation instructions.

Rotisserie Shaft



Before heating, carefully poke Rotisserie Shaft through food and place into the Oven.



Remove food from the Oven using the Fetch Tool or oven mitts and enjoy!

Rotisserie Shaft & Skewers



Before heating, carefully poke Skewers through food and insert them into the Skewer Racks, making sure Skewers are evenly spaced.†



Remove food from the Oven using the Fetch Tool or oven mitts and enjoy!

⚠ Caution

The Skewers and other Rotisserie parts are sharp, and all parts that rest inside the Power AirFryer Oven during the cooking process become hot while the Oven is powered on. When you remove food or any of these parts during or after the cooking process,

make sure you have a heat-resistant surface nearby on which to set the parts. NEVER place these parts directly on a table, countertop, or Oven door. Wear protective mitts or gloves when handling these parts to avoid injury.



Appetizers

Pizza, Bites & Calzones

Potatoes & Vegetables

Burgers & Sandwiches

Entrées

Desserts

Air Frying





Appetizers

Fried Green Beans with Garlic Lime Dip

Jalapeño & Bacon Wonton Poppers

Salt & Vinegar Chicken Wings

Shrimp & Pork Toast

Portobello Rockefeller

Chicken Tender Romano

Chipotle Chicken Egg Rolls with Lime Dipping Sauce

Sweet & Spicy Party Mix

Onion-Fried Pickle Spears

Avocado Toast

Bangkok BBQ Chicken Wings



Fried Green Beans with Garlic Lime Dip

SERVES 6

Ingredients

½ cup flour

2 eggs

Breadcrumb Mixture

1 cup plain breadcrumbs

2 tbsp. blackening spice

1 lb green beans, trimmed

Dip

1 cup mayonnaise

1 clove garlic, minced

juice of ½ lime

2 tbsp. parsley, chopped

Directions

1. Pour the flour into a shallow bowl.
2. Beat the eggs in a second shallow bowl.
3. Combine the breadcrumb mixture ingredients in a third shallow bowl.
4. Dredge the green beans in the flour, then in the eggs, and finally in the breadcrumbs mixture.
5. Place the breaded green beans on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Rotate the Racks halfway through the cooking time (5 mins.).
7. Combine the dip ingredients in a small bowl and mix them together.
8. Serve the green beans with the dip.

Eric's Tip: Check your local market for fresh asparagus to use with this recipe!

Jalapeño & Bacon Wonton Poppers

SERVES 6

Ingredients

Filling

4 oz cream cheese
1 cup cheddar, shredded
2 tbsp. bacon bits
2 tbsp. green onion,
chopped
1 large jalapeño, seeded
& minced

1 egg
1 tbsp. water
24 wonton wrappers

Directions

1. Combine the filling ingredients in a bowl and set the bowl aside.
2. Beat the egg and water together in a separate bowl.
3. Place each wonton wrapper on the counter and add a heaping teaspoon of filling in the center of each wonton.
4. Brush the edges of each wonton with the beaten egg, fold each wonton into a triangle, and press to seal the wontons.
5. Place the wontons on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button (370° F) and decrease the cooking time to 12 mins. Rotate the Racks after 9 mins.

Eric's Tip: For a delicious side sauce, combine 1 cup sweet chili sauce, 1 tbsp. soy sauce, the juice of 1 orange, ½ cup mayonnaise, and 2 tbsp. chopped fresh cilantro.

SERVES 6

Salt & Vinegar Chicken Wings

Ingredients

Marinade

¼ cup olive oil

¼ cup vinegar
(preferably malt vinegar)

3 lb fresh chicken wings, split
& tips removed

Spice Mixture

2 tsp. onion powder

2 tsp. garlic powder

2 tsp. sea salt

1 tsp. pepper

¼ cup vinegar (preferably
malt vinegar), for drizzling

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the chicken wings in the marinade for 30 mins. in the refrigerator.
3. Place the wings on two Air Flow Racks and discard the marinade. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
4. Press the Power Button and then the Chicken Button (370° F for 40 mins.). Rotate the Racks halfway through the cooking time (20 mins.).
5. Combine the spice mixture ingredients in a bowl and set the bowl aside.
6. When the wings are fully cooked, toss the wings with the spice mixture and drizzle the rest of the vinegar on the wings.

Eric's Tip: I love the tang of malt vinegar, but balancing the vinegar with a sweet dipping sauce is fantastic. Mix 1 cup mayonnaise, ¼ cup Dijon mustard, ¼ cup honey, and 3 tbsp. fresh chopped tarragon.

SERVES 4

Shrimp & Pork Toast

Ingredients

Shrimp & Pork Mix

10 oz shrimp, peeled,
deveined & chopped finely

10 oz ground pork

½ cup water chestnuts,
chopped

2 scallions, chopped

2 cloves garlic, minced

1 tbsp. ginger, grated

2 tbsp. soy sauce

¼ tsp. freshly ground
black pepper

6 eggs, beaten

8 oz panko breadcrumbs

12 slices white bread,
crust removed

Directions

1. Combine the shrimp & pork mix ingredients in a bowl.
2. Beat the eggs in a square pan and set the pan aside.
3. Pour the panko breadcrumbs into a separate square pan.
4. Spread 2 tbsp. shrimp & pork mix onto a slice of white bread, cover the mix with another slice of bread, and cut the sandwich into quarters to make four triangles. Repeat until all 12 bread slices are cut into triangles.
5. Dip the triangles into the egg and then into the panko breadcrumbs.
6. Place the triangles on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Flip the toast and rotate the Racks after 7 mins.

Eric's Tip: I love a good soy dip with this toast. To make the dip, mix ½ cup soy sauce, 1 tbsp. toasted sesame oil, 1 chopped scallion, 1 tbsp. grated ginger, and 1 tbsp. hoisin sauce.



SERVES 4

Portobello Rockefeller

Ingredients

4 tbsp. unsalted butter
1 tbsp. olive oil
4 cloves garlic, minced
 $\frac{2}{3}$ cup panko breadcrumbs
 $\frac{1}{2}$ yellow onion, chopped
5-oz package baby spinach
1 $\frac{1}{2}$ tsp. sea salt
 $\frac{1}{2}$ tsp. freshly ground
black pepper
1 tbsp. parsley, chopped
 $\frac{1}{4}$ cup Romano cheese,
grated
4 portobello mushroom
caps, removed stems

Directions

1. Melt the butter with the olive oil in a sauté pan over medium-high heat.
2. Add the garlic to the sauté pan and sauté until the garlic is translucent.
3. Remove the sauté pan from the heat and pour half of the mixture over the panko breadcrumbs in a bowl. Set the bowl aside.
4. Return the sauté pan to the heat and add the chopped onion. Sauté until the onion is translucent.
5. Add the spinach to the sauté pan and stir until the spinach is wilted.
6. Season the spinach mixture with 1 tsp. sea salt and the ground black pepper. Set the spinach mixture aside.
7. Add the parsley, Romano cheese, and $\frac{1}{2}$ tsp. sea salt to the panko breadcrumbs mixture and mix thoroughly.
8. Divide the spinach mixture evenly into the mushroom cavities.
9. Sprinkle the panko breadcrumbs mixture over the spinach evenly. Be sure to use all the crumbs.
10. Place the mushroom caps on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
11. Press the Power Button and decrease the cooking temperature to 250° F and the cooking time to 10 mins.
12. When the cooking time runs out, press the Power Button (370° F) and decrease the cooking time to 6 mins.

Eric's Tip: For a super luxurious addition, add $\frac{1}{4}$ cup fresh crab or lobster meat to each mushroom before cooking!

Chicken Tender Romano

SERVES 6

Ingredients

Flour Mixture

1 ½ cups flour
1 tbsp. garlic powder
1 tbsp. salt
1 tsp. freshly ground
black pepper

2 eggs, beaten
4 cups corn flakes,
crushed finely
½ cup Parmesan cheese,
shredded
½ cup Romano cheese,
shredded
1 ½ lb chicken tenders, raw
& unbreaded

For Serving

1 cup marinara sauce

Directions

1. Combine the flour, garlic powder, salt, and pepper in a shallow bowl and stir them together.
2. Beat the eggs in a second shallow bowl.
3. Combine the corn flakes and the Parmesan and Romano cheeses in a third shallow bowl and toss them to combine.
4. Dredge the chicken tenders in the flour mixture, then in the egg, and finally in the corn flake mix.
5. Place the breaded chicken on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button (370° F) and decrease the cooking time to 12 mins. Rotate the Racks halfway through the cooking time (6 mins.).
7. Serve with the marinara sauce.

Eric's Tip: These chicken tenders make great game day grinder. Line them up on a hoagie roll, top them with sauce and cheese, and put them under the broiler 'til bubbly!



MAKES 12

Ingredients

Filling

meat of 1 rotisserie chicken,
shredded

2 cups Monterey Jack
cheese, shredded

1 green bell pepper, diced

1 small yellow onion,
chopped

5 chipotle peppers in adobo
sauce, minced

1 tbsp. adobo sauce

2 tbsp. fresh cilantro,
chopped

1 ½ tsp. salt

juice of 1 lime

1 egg, beaten

12 egg roll wrappers

Lime Dipping Sauce

1 cup sour cream

1 ripe avocado, peeled
& pitted

1 clove garlic, minced

½ cup cilantro, chopped

1 tsp. salt

juice & zest of 1 lime

Chipotle Chicken Egg Rolls

with Lime Dipping Sauce

Directions

1. Combine the filling ingredients in a bowl.
2. Beat the egg in a separate bowl and set the bowl aside.
3. Place the egg roll wrappers on the counter and scoop ¼ cup of the filling onto the center of each wrapper.
4. Brush the edges of each egg roll wrapper with the beaten egg.
5. Roll each egg roll and seal it.
6. Place the egg rolls on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
7. Press the Power Button (370° F) and increase the cooking time to 16 mins. Rotate the Racks after 10 mins.
8. Blend the lime dipping sauce ingredients in a blender until smooth.
9. Serve the egg rolls with the dipping sauce.

Eric's Tip: Use a light dusting of corn starch to keep the egg rolls from getting soggy after you roll them! If you are having trouble making tight rolls, you can also just fold them in half, making a calzone shape.

Sweet & Spicy Party Mix

SERVES 8

Ingredients

1 cup square rice cereal
1 cup square corn cereal
1 cup square cheese
crackers
2 cups mixed nuts

Seasoning

2 tbsp. unsalted butter,
melted
1 tbsp. honey
2 tbsp. sriracha
1 tsp. salt

Directions

1. Combine the rice and corn cereals, cheese crackers, and mixed nuts in a bowl.
2. Combine the seasoning ingredients in a separate bowl.
3. Combine the seasoning with the cereals, crackers, and nuts.
4. Spread the mixture on three parchment paper-lined Air Flow Racks. Place the Racks on the lower, middle, and upper shelves of the Power AirFryer Oven.
5. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 300° F. Rotate the Racks every 5 mins. until the mix is done cooking.
6. Let the mix cool before serving.

Eric's Tip: You can really go wild experimenting with the seasoning. Add 1 tbsp. crab seasoning to the butter for that Maryland flavor!

SERVES 6

Onion-Fried Pickle Spears

Ingredients

1 cup flour

2 eggs, beaten

Panko Breadcrumbs Mixture

8 oz fried onion, crumbled

$\frac{3}{4}$ cup panko breadcrumbs

—
24-oz jar dill pickle spears,
drained & patted dry

Sauce

2 tbsp. pub-style horseradish
sauce

1 tbsp. sour cream

1 tbsp. pub-style ground
mustard

juice of 1 $\frac{1}{2}$ lemon

Directions

1. Pour the flour into a shallow bowl.
2. Beat the eggs in a second shallow bowl.
3. Combine the panko breadcrumbs mixture ingredients in a third shallow bowl.
4. Dredge the pickle spears in the flour, then in the egg, and finally in the panko breadcrumbs mixture.
5. Place the coated pickles on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins.
7. Combine the sauce ingredients in a small bowl.
8. Serve the pickles with the sauce.

Eric's Tip: The key is to pat the pickle spears until they're as dry as possible. Take a small teaspoon and scrape the seeds off, place the pickles on a towel-lined sheet tray, and let the pickles air dry in the fridge for 20 mins. before breading.

Avocado Toast

SERVES 4

Ingredients

Smashed Avocado

2 ripe avocados, peeled
& pitted

juice of 1 lime

1 tsp. salt, plus extra
for serving

4 slices grain bread

8 slices tomato

¼ cup feta, crumbled

For Serving

salt

balsamic glaze

1 tbsp. cilantro, chopped

Garnish

1 ripe avocado, peeled,
pitted & sliced

Directions

1. Smash the two avocados with the lime juice and salt.
2. Place the grain bread slices on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button, increase the cooking temperature to 375° F, and decrease the cooking time to 7 mins. Flip the bread over after 4 mins.
4. Spread the smashed avocado on each piece of toast.
5. Place two tomato slices on each piece of toast.
6. Sprinkle the feta on the toast.
7. Season the toast with salt. Drizzle the balsamic glaze and sprinkle the cilantro on top of the toast.
8. Garnish with the last avocado.

Eric's Tip: If you can't find ripe avocados, you can speed up the ripening process by placing the avocados in a paper bag with an apple. They should ripen in about a day.





SERVES 6

Bangkok BBQ Chicken Wings

Ingredients

Marinade

1 tbsp. olive oil
1 tbsp. soy sauce
1 tbsp. lime juice
zest of 1 lime
2 tbsp. honey
1 tbsp. fresh ginger, minced
¼ cup cilantro, chopped

3 lb fresh chicken wings,
split & tips removed

Directions

1. Combine the marinade ingredients in a bowl. Set aside 2 tbsp. of the marinade.
2. Add the chicken wings to the rest of the marinade in the bowl. Marinate the wings for 30 mins in the refrigerator. Toss the wings often while they marinate.
3. Place the wings on two Air Flow Racks and discard the marinade in the bowl. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
4. Press the Power Button and then the Chicken Button (370° F for 40 mins.). Rotate the Racks halfway through the cooking time (20 mins.).
5. When the wings are fully cooked, toss the wings in the marinade that was set aside in step 1.

Eric's Tip: You can substitute boneless skinless chicken breast for the chicken wings in this recipe to make the most amazing chicken tacos. Just serve with cole slaw and warm flour tortillas.



Pizza, Bites & Calzones

Eric's Pizza Dough

Buffalo Chicken Pizza

Shrimp Scampi Pizza

Aged Provolone & Salami Calzone Bites

Mini Ricotta & Meatball Strombolis

Pizza alla Vodka with Peppers & Pepperoni

Supreme Pan Pizza

Kale & Sausage Pizza

Breakfast Pizza

Sausage & Pepper Roll

The UltiMEATum

Crispy Chicken Bacon Roll

Citrus Cheesecake Pizza with Strawberries

**MAKES
2 PIZZAS**

Eric's Pizza Dough

Ingredients

1 ¼ oz active dry yeast
⅔ cup warm water
1 tbsp. honey
1 ½ tsp. salt
1 ⅔ cup flour, divided

Directions

1. Place the yeast and water in a bowl and stir them together to dissolve the yeast.
2. Add the honey, salt, and 1 ⅓ cups flour to the bowl. Mix the ingredients together to form the dough.
3. Sprinkle the remaining ⅓ cup flour onto a workable surface.
4. Place the dough onto the flour and knead the dough until it is no longer tacky. There may be leftover flour.
5. Place the mixture in an oil-covered bowl. Cover the bowl with plastic wrap. Let the dough sit in the bowl for 30 mins.

Buffalo Chicken Pizza

SERVES 2

Ingredients

1 pizza dough, cut in half
(see recipe on page 44)

2 tbsp. olive oil

Toppings

1/3 cup buffalo wing sauce

1/4 cup BBQ sauce

1 1/2 cups cooked chicken,
chopped

1/2 cup blue cheese,
crumbled

1/2 cup Monterey Jack
cheese, shredded

2 tbsp. ranch dressing

4 scallions, chopped

Directions

1. Roll the pizza dough halves until they reach the size of the Air Flow Racks.
2. Lightly oil both sides of each dough with the olive oil.
3. Place each pizza on a Rack. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins.
5. After 5 mins., flip the dough on the top shelf and rotate the Racks.
6. After 4 mins., flip the dough on the top shelf.
7. Remove both Racks and top each pizza with the toppings.
8. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
9. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 7 mins. After 4 mins., rotate the pizzas.
10. After the pizzas are done cooking, let them sit for 4 mins. before cutting them.

Eric's Tip: I love to substitute grilled shrimp for the chicken. Cook, cool, and chop the shrimp before topping the pizza!



Shrimp Scampi Pizza

SERVES 2

Ingredients

Shrimp Scampi

1 lb 21/25 shrimp, peeled
& deveined

4 cloves garlic, sliced thinly

2 tbsp. parsley, chopped

½ tsp. red pepper flakes

⅓ cup olive oil

—

1 pizza dough, cut in half
(see recipe on page 44)

2 tbsp. olive oil

Toppings

2 tbsp. pesto

1 ½ cup shredded
mozzarella

½ cup tomato, diced

Directions

1. Toss the shrimp scampi ingredients in a bowl. Set the bowl aside.
2. Roll the pizza dough halves until they reach the size of the Air Flow Racks.
3. Lightly oil both sides of each dough with the olive oil.
4. Place each pizza on a Rack. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
5. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins.
6. After 5 mins., flip the dough on the top shelf and rotate the Racks.
7. After 4 mins., flip the dough on the top shelf.
8. Remove both Racks and top the pizzas with the toppings.
9. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
10. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins. After 4 mins., rotate the pizzas.
11. After the pizzas are done cooking, let them sit for 4 mins. before cutting them.

Eric's Tip: I love to use a spicy Cajun grilled chicken if I'm not in a shrimp kind of mood!

Aged Provolone & Salami Calzone Bites

MAKES 16

Ingredients

Ricotta Mixture

6 oz salami, diced small

1 cup ricotta cheese

1 cup aged provolone,
diced small

¼ tsp. salt

¼ tsp. freshly ground
black pepper

½ cup sun-dried tomatoes,
diced small

14 oz pizza dough (store
bought, already rolled),
cut into 16 squares

2 tbsp. olive oil

For Serving

½ cup tomato sauce

Directions

1. Combine the ricotta mixture ingredients in a bowl and mix ingredients together.
2. Spoon 1 tbsp. of the ricotta mixture in the center of each square of pizza dough.
3. Fold over the squares and crimp them with a fork to seal them.
4. Place the sealed squares on two Air Flow Racks.
5. Brush the sealed squares with the olive oil.
6. Place the Racks on the bottom and lower shelves of the Power AirFryer Oven.
7. Press the Power Button and decrease the cooking temperature to 350° F and the cooking time to 10 mins. Rotate the Racks halfway through the cooking time (5 mins.).
8. Serve the bites with warm tomato sauce.

Eric's Tip: You can very easily make these bites vegetarian by substituting any vegetable for the meat. Just make sure that you cook and fully cool the vegetable before mixing it into the ricotta mixture.

Mini Ricotta & Meatball Strombolis

MAKES 15

Ingredients

4 tbsp. tomato sauce

14 oz pizza dough (store bought, already rolled), cut into 15 squares

Ricotta Mixture

¾ cup ricotta cheese

1 tbsp. grated Romano cheese

⅓ cup shredded mozzarella

—
3 meatballs, cooked & cut into five pieces each

¼ cup olive oil

Directions

1. Place ½ tsp. tomato sauce on each square of pizza dough.
2. Combine the ricotta mixture ingredients in a bowl.
3. Top each square of dough with 1 tsp. ricotta mixture and then one meatball piece.
4. Fold all the points of each dough square to the middle of the dough and press the points together.
5. Place the folded squares on two Air Flow Racks.
6. Brush the folded squares with the olive oil.
7. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
8. Press the Power Button and decrease the cooking temperature to 350° F and the cooking time to 10 mins. Rotate the Racks halfway through the cooking time (5 mins.).

Eric's Tip: Feel free to substitute cooked sausage or grilled chicken for the meatballs.

Pizza alla Vodka with Peppers & Pepperoni

SERVES 2

Ingredients

Vodka Sauce

16 oz crushed tomatoes

¼ cup vodka

½ tsp. crushed red pepper flakes

1 tsp. garlic powder

1 tsp. onion powder

½ tsp. ground oregano

½ cup heavy cream

—
1 lb pizza dough, cut in half
(see recipe on page 44)

2 tbsp. olive oil

Toppings

⅔ cup red and green
peppers, diced

1 cup shredded mozzarella

16 slices pepperoni

4 basil leaves, chopped

Directions

1. Combine the crushed tomatoes, vodka, crushed red pepper flakes, garlic powder, onion powder, and ground oregano in a pan and simmer for 30 mins. Finish the vodka sauce by adding the heavy cream.
2. Roll the pizza dough halves until they reach the size of the Air Flow Racks.
3. Lightly oil both sides of each dough with the olive oil.
4. Place each pizza on a Rack. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
5. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins.
6. After 5 mins., flip the dough on the top shelf and rotate the Racks.
7. After 4 mins., flip the dough on the top shelf.
8. Remove both Racks and top each pizza with ⅔ cup vodka sauce and the toppings.
9. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
10. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 7 mins. After 4 mins., rotate the pizzas.
11. After the pizzas are done cooking, let them sit for 4 mins. before cutting them.

Eric's Tip: For even cooking, distribute the ingredients toward the edge of the pizzas. As the pizzas cook, everything moves towards the center.





Supreme Pan Pizza

SERVES 2

Ingredients

1 pizza dough, cut in half
(see recipe on page 44)

2 tbsp. olive oil

Toppings

8 cremini mushrooms, sliced

8 slices white onion

4 tbsp. pesto

1 ½ cup shredded
mozzarella

½ green pepper, sliced

1 cup spinach

12 slices tomato

Directions

1. Roll the pizza dough halves until they each reach the size of the Air Flow Racks.
2. Lightly oil both sides of each dough with the olive oil.
3. Place each pizza on a Rack. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins.
5. After 5 mins., flip the dough on the top shelf and rotate the Racks.
6. After 4 mins., flip the dough on the top shelf.
7. Remove both Racks and top the pizzas with the toppings.
8. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
9. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 7 mins.
10. After 4 mins., rotate the pizzas.
11. After the pizzas are done cooking, let them sit for 4 mins. before cutting them.

Eric's Tip: Brush the crust with melted butter and a sprinkle of Parmesan to make the crust extra crispy.

**MAKES 2
PERSONAL
PIZZAS**

Kale & Sausage Pizza

Ingredients

Sausage

8 Italian sausage links

Kale

½ red onion, sliced thinly

2 cups kale, chopped

2 tbsp. olive oil

Pizza

1 pizza dough, cut in half
(see recipe on page 44)

2 tbsp. olive oil

Toppings

1 ½ cup ricotta cheese

1 tsp. red pepper flakes

Directions

1. Place the Italian sausage links on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
2. Place the onions and the kale in the Drip Tray with 2 tbsp. olive oil.
3. Press the Power Button (370° F for 15 mins.).
4. Remove the Rack and set it aside.
5. Roll the pizza dough halves until they reach the size of the Racks.
6. Lightly oil both sides of each dough with 2 tbsp. olive oil. Place each pizza on a Rack. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins.
8. After 5 mins., flip the dough on the top shelf and rotate the Racks.
9. After 4 mins., flip the dough on the top shelf.
10. Remove both Racks. Slice the sausage into medallions. Top the pizzas with the sausage, kale, and toppings.
11. Place the Racks on the lower and top shelves of the Oven.
12. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 7 mins. After 4 mins., rotate the Racks.
13. After the pizzas are done cooking, let them sit for 4 mins.

Eric's Tip: If kale is a little too strong for your liking, swap it out for broccoli rabe or spinach!

Breakfast Pizza

SERVES 2

Ingredients

1 Kaiser roll
2 large eggs
4 slices bacon, cooked
lightly
¼ cup red peppers, diced
¼ cup spinach, chopped
4 slices yellow American
cheese

Directions

1. Cut the Kaiser roll in half horizontally and press in the center of each half to make an indentation to hold the eggs.
2. Place the two halves of the roll on an Air Flow Rack and crack one egg into the center of each half of the roll.
3. Layer the bacon, red peppers, and spinach on top of each egg.
4. Place the Rack on the lower shelf of the Power AirFryer Oven.
5. Press the Power Button (370° F) and decrease the cooking time to 7 mins.
6. Top the pizzas with the American cheese.
7. Place the Rack on the lower shelf of the Power AirFryer Oven.
8. Press the Power Button (370° F) and decrease the cooking time to 2 mins.

Eric's Tip: When I'm feeling spicy, I'll beat the eggs with a tablespoon of sriracha sauce!



SERVES 1

Sausage & Pepper Roll

Ingredients

¼ green bell pepper, sliced
½ white onion, peeled
& sliced
2 tbsp. olive oil
2 sweet sausages
½ lb pizza dough
(see recipe on page 44)
1 tbsp. tomato paste
¾ cup shredded mozzarella

Directions

1. Place the green pepper and onion slices on the Drip Tray with 1 tbsp. olive oil.
2. Place the sausage on an Air Flow Rack. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 350° F.
3. After the pepper, onion, and sausage are done cooking, remove them from the Power AirFryer Oven and set them aside to cool.
4. Drain the excess oil from the peppers and onions.
5. Slice the sausage.
6. Roll the pizza dough into a thin oval.
7. Using a spoon, spread the tomato paste on the dough. Then, sprinkle the mozzarella from the center to the edge of the dough.
8. Lay the onions, peppers, and sausage along the center of the dough, longways.
9. Bring each side of the dough toward the center to seal the roll.
10. Oil the roll with 1 tbsp. olive oil. Cut five 1-in. slits on top of the roll.
11. Place the roll, seam side down, on a Rack. Place the Rack on the lower shelf of the Power AirFryer Oven.
12. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 350° F. Flip the stromboli halfway through the cooking time (7 ½ mins.).
13. After the roll is done cooking, let it cool for 5 mins.

Eric's Tip: To save some time, you can use jarred roasted red peppers instead of the green pepper for a sweeter flavor.

SERVES 2

The UltiMEATum

Ingredients

1 pizza dough, cut in half
(see recipe on page 44)

2 tbsp. olive oil

Toppings

½ cup tomato sauce

1 ½ cups shredded
mozzarella

½ red onion, diced

1 cup pulled pork with BBQ
sauce

2 sausages, cooked & sliced

18 slices pepperoni

4 meatballs, sliced thinly

Directions

1. Roll the pizza dough halves until they reach the size of the Air Flow Racks.
2. Lightly oil both sides of each dough with the olive oil.
3. Place each pizza on a Rack. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 13 mins.
5. After 5 mins., flip the dough on the top shelf and rotate the Racks.
6. After 4 mins., flip the dough on the top shelf.
7. Remove both Racks and top the pizzas with the toppings.
8. Place the Racks on the lower and top shelves of the Power AirFryer Oven.
9. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 7 mins. After 4 mins., rotate the pizzas.
10. After the pizzas are done cooking, let them sit for 4 mins. before cutting them.

Eric's Tip: Don't feel confined to just beef and pork on this pizza. Add chicken, shrimp, or scallops!

Crispy Chicken Bacon Roll

SERVES 1

Ingredients

7 oz pizza dough
(see recipe on page 44)

$\frac{3}{4}$ cup pepperjack cheese,
shredded

4 chicken tenders, breaded
& cooked

$\frac{1}{3}$ cup bacon bits

2 tbsp. ranch dressing

1 tbsp. olive oil

Directions

1. Roll the pizza dough into a thin oval.
2. Spread the pepperjack cheese along the center of the dough, longways.
3. Spread the chicken tenders, bacon bits, and ranch dressing over the cheese.
4. Bring each side of the dough toward the center from both directions to seal the roll.
5. Oil the roll with the olive oil and cut five 1-in. slits on top of the roll.
6. Place the roll, seam side down, on an Air Flow Rack. Place the Rack on the lower shelf of the Power AirFryer Oven.
7. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 350° F. Flip the roll halfway through the cooking time (7 $\frac{1}{2}$ mins.).
8. After the roll is done cooking, let it cool for 5 mins.

Eric's Tip: I love to add a few tablespoons of smoky chipotle sauce to the ranch for a good kick!

Citrus Cheesecake Pizza

SERVES 4

with Strawberries

Ingredients

5 ½ oz canned thin crust
pizza dough

Citrus Cheesecake

4 oz cream cheese

¼ cup confectioners' sugar

½ tsp. vanilla extract

juice & zest of ½ orange

Strawberry Topping

½ lb strawberries, removed
stems & sliced

1 tbsp. sugar

1 tbsp. strawberry liquor

Directions

1. Roll the pizza dough out until it reaches the size of an Air Flow Rack.
2. Place the dough on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button (370° F) and decrease the cooking time to 5 mins.
4. Mix the citrus cheesecake ingredients in a small bowl thoroughly.
5. Flip the dough and carefully spread the citrus cheesecake mixture over the dough.
6. Place the pizza on the Rack in the Power AirFryer Oven.
7. Press the Power Button (370° F) and decrease the cooking time to 4 mins.
8. Combine the strawberry topping ingredients in a small bowl.
9. Let the strawberries marinate in the bowl for 15 mins.
10. Top the pizza with the strawberries.

Eric's Tip: If you are making this recipe between seasons or if ripe strawberries are not available, you can use individually quick frozen fruits, which are found in the freezer section of the grocery store. Just thaw the fruit in a bowl before mixing them with the sugar and liquor.





Potatoes & Vegetables

Ranch Potato Wedges

Monterey Potatoes

Sweet Potato Fries

Bite-Size Double-Baked Potatoes

Tater Tots

Crabby Fries

Stuffed Zucchini Caps

Nacho Cheese-Flavored Avocado Wedges

French Toast Grits Dippers

Crispy Pepperoni Brussels Sprouts

Sour Cream & Onion Fried Green Tomatoes

Fried Artichoke Hearts

Asparagus-Wrapped Filo

Cheesy Broccoli Potato Skins

Honey-Roasted Peanut Kale Chips

Hasselback Potatoes

Air Fry Truffle Parmesan Fries

Roasted Baby Potatoes



Ranch Potato Wedges

SERVES 2

Ingredients

2 Idaho potatoes, scrubbed

¼ cup plain yogurt

Spice Mixture

2 tbsp. dried buttermilk
herb dressing

1 tsp. garlic powder

olive oil spray

Directions

1. Microwave the potatoes on high for 2 mins.
2. When the potatoes have cooled, cut them into wedges.
3. Brush the wedges with the yogurt.
4. Combine the spice mixture ingredients in a bowl.
5. Place the potatoes on two Air Flow Racks.
6. Dust the potatoes with the spice mixture.
7. Spray the potatoes with the olive oil spray.
8. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
9. Press the Power Button and then the French Fries Button (400° F for 15 mins.). Rotate the Racks halfway through the cooking time (7 ½ mins.).

Eric's Tip: These ranch fries are begging for spicy sriracha ketchup! To make the spicy ketchup, mix ½ cup ketchup, 3 tbsp. sriracha, and 3 tbsp. sweet chili sauce.

Monterey Potatoes

SERVES 6

Ingredients

3 russet potatoes, peeled,
scrubbed & sliced thinly

1 small onion, peeled
& sliced

½ cup tomato salsa

6 slices Monterey Jack
cheese

1 cup heavy cream

4 slices jalapeño jack cheese

½ tsp. salt

Directions

1. Place a layer of potatoes on the bottom of an 8 x 8 square cake or casserole pan.
2. Spread the onions on top of the potato layer and flatten them.
3. Add another layer of potatoes and then the salsa.
4. Layer the Monterey Jack cheese on top of the salsa.
5. Place another layer of potatoes on top of the cheese.
6. Season the potatoes with salt.
7. Pour the heavy cream on top of the potatoes.
8. Place the final layer of potatoes and top with a layer of the jalapeño jack cheese.
9. Cover the pan with foil.
10. Place an Air Flow Rack on the middle shelf of the Power AirFryer Oven. Place the pan on the Rack in the Power AirFryer Oven.
11. Press the Power Button and then the Baking Button (350° F) and increase the cooking time 60 mins.
12. Remove the foil and press the Power Button and then the Baking Button (350° F for 30 mins.).

SERVES 2

Sweet Potato Fries

Ingredients

1 large sweet potato,
scrubbed

½ cup flour

1 egg, beaten

3 cups sweet potato chips,
crushed finely

Directions

1. Microwave the sweet potato on high for 1 min.
2. Let the potato cool and cut it into fries.
3. Pour the flour into a bowl and set the bowl aside.
4. Beat the egg in a second bowl and set the bowl aside.
5. Pour the sweet potato chips in a third bowl.
6. Dip the fries into the flour, then the egg, and finally the chips.
7. Place the coated fries on two Air Flow Racks. Place the Racks on the lower and upper shelves of the Power AirFryer Oven.
8. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Rotate the Racks halfway through the cooking time (5 mins.).

Eric's Tip: Try mixing ½ cup mayonnaise, ¼ cup apple sauce, and 1 tsp. cinnamon to make a sweet dip. Yum!

Bite-Size Double-Baked Potatoes

MAKES 14

Ingredients

7 baby potatoes
1 tbsp. olive oil
1 pinch salt & freshly ground
black pepper

Filling

1 tbsp. sour cream
¼ cup cheddar cheese,
shredded
1 tbsp. cream cheese
1 tbsp. bacon bits
1 tbsp. scallions, chopped

Directions

1. Toss the potatoes with the olive oil, salt, and pepper in a bowl.
2. Place the potatoes on an Air Flow Rack. Place the Rack on the lower shelf of the Power AirFryer Oven.
3. Press the Power Button and press the Baking Button (350° F for 30 mins.).
4. Let the potatoes cool until you can handle them.
5. Cut the potatoes in half and carefully scoop the center of the potatoes into a bowl. Leave a thin layer of potato in the skins and set the skins aside.
6. Combine the filling ingredients in the bowl with the potato and mix them together.
7. Spoon the filling into each skin until all the skins are stuffed.
8. Place the stuffed skins on a Rack. Place the Rack on the bottom shelf of the Power AirFryer Oven.
9. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 15 mins.
10. Serve as a great side for a steak.

Eric's Tip: Add ¼ cup of buffalo sauce to the potato mix to turn these potatoes into the ultimate game day snacks!



SERVES 4

Tater Tots

Ingredients

4 small russet potatoes,
scrubbed & peeled

1 tsp. sea salt

½ tsp. freshly ground
black pepper

1 tbsp. cornstarch

1 tbsp. dried onions, minced

1 tsp. olive oil

For Serving

ketchup

Directions

1. Microwave one potato on high for 1 min. to cook partially. Repeat until three potatoes have been cooked.
2. Place the last potato in the microwave for 3 mins. to cook the potato fully.
3. Mash the cooked potato in a bowl. Shred the partially cooked potatoes with a grater.
4. Combine the four potatoes with the sea salt, ground black pepper, cornstarch, and dried onions and mix thoroughly.
5. Rub your hands with the olive oil and form tater tots, using about 1 tbsp. potato mixture for each tater tot.
6. Place the tater tots on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F) and increase the cooking time to 20 mins. Rotate the Racks halfway through the cooking time (10 mins.).
8. Serve with the ketchup.

Eric's Tip: Add bacon bits, cheddar, and chopped scallions to the mix for a loaded potato tot. Don't forget the side of sour cream!

SERVES 2

Crabby Fries

Ingredients

2 large russet potatoes,
scrubbed, peeled & thick
spiral cut

Seasoning

½ tsp. salt

¼ tsp. freshly ground
black pepper

2 tsp. seafood seasoning

olive oil spray

Cheese Dip

1 tbsp. unsalted butter

1 clove garlic, minced

1 tbsp. flour

1 cup whole milk

½ cup white American
cheese, cubed

1 pinch salt & pepper

Directions

1. Toss the potatoes with the seasoning ingredients.
2. Place the potatoes on two Air Flow Racks.
3. Spray the potatoes with the olive oil.
4. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Rotate the Racks after 6 mins.
6. Melt the butter in a small saucepot. Add the garlic and sauté until slightly golden.
7. Add the flour to the saucepot and cook for 2 mins. while slowly adding whole milk. Whisk the milk to make the cheese dip creamy. Add the American cheese, salt, and pepper until the dip is melted.
8. Serve the fries and cheese dip together.

Eric's Tip: Go wild and use the cheese dip as a sauce for your pizza and top the pizza with the crispy fries. If you want a real treat, sprinkle crab meat and top with Parmesan.



SERVES 3

Stuffed Zucchini Caps

Ingredients

2 sweet sausages

2 medium zucchinis,
discarded ends & cut
into five circles

Filling

3 tbsp. butter, melted

¼ cup onion, minced

¼ cup red bell pepper,
diced small

¼ cup carrot, diced small

¼ tsp. ground fennel seed

¼ tsp. sea salt

1 pinch freshly ground
black pepper

1 oregano sprig, chopped

¼ cup plain breadcrumbs

¼ cup shredded mozzarella

Directions

1. Remove the sausages from their casings.
2. Place the sausages on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button (370° F for 15 mins.).
4. Remove the sausages and chop them into small pieces.
5. Scoop out the inside of the zucchinis, leaving a layer in the bottom of each.
6. Chop the pulp of the zucchinis.
7. Melt the butter in a sauté pan over medium-high heat and sauté the onion, red pepper, carrot, fennel seed, zucchini pulp, and sausage pieces until tender.
8. Add the sea salt, ground black pepper, oregano, and breadcrumbs and cook for 2 mins. over medium heat.
9. Add the mozzarella to the cooked mixture and mix thoroughly.
10. Spoon the cooked mixture into each zucchini cap.
11. Place the stuffed zucchinis on two Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
12. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 15 mins.

Eric's Tip: I'll give these a spicy Middle Eastern switch by using chorizo sausage and adding 1 tbsp. curry powder to the mix.

Nacho Cheese-Flavored Avocado Wedges

SERVES 4

Ingredients

Nacho Chips

1 ½ cups nacho cheese-flavored tortilla chips, crushed finely

½ tsp. garlic powder

½ tsp. onion powder

1 tsp. paprika

¼ tsp. salt

¼ tsp. freshly ground black pepper

2 eggs, beaten

2 avocados, peeled, pitted & cut into eight wedges each

Directions

1. Combine the nacho chips ingredients in a bowl and set the bowl aside.
2. Beat the eggs in a separate bowl and toss them with the avocado wedges.
3. Coat the avocado wedges with the crushed chips.
4. Place the avocado wedges on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Rotate the Racks after 6 mins.

Eric's Tip: You will be the hit of the party if you use these avocado bites for the ultimate fiesta taco! Use warm flour tortillas, pico de gallo, and queso fresco!

SERVES 8

French Toast Grits Dippers

Ingredients

1 cup instant grits
2 tsp. salt
1 tsp. cinnamon
4 cups water, boiling
2 tbsp. canola oil
2 eggs, beaten
1 cup flour
2 cups cinnamon crunch
cereal squares, crumbled
finely

For Serving

maple syrup, warm

Directions

1. Combine the instant grits, salt, and cinnamon in a bowl and stir.
2. Sprinkle the grits slowly into the boiling water and stir the mixture often for 5 mins. until it is very thick.
3. Pour the grits into a ¼-sheet pan oiled with 2 tbsp. canola oil and refrigerate the pan for 2–3 hrs. until the grits become firm.
4. Remove the grits from the pan, cut them into eight strips, and cut each strip into three pieces.
5. Pour the flour into a bowl.
6. Beat the eggs in a second bowl.
7. Pour the crumbled cinnamon crunch cereal into a third bowl.
8. Place the grits in the flour, then in the egg, and finally in the cinnamon crunch cereal.
9. Place the grits on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
10. Press the Power Button and decrease the cooking temperature to 350° F and the cooking time to 10 mins. Rotate the Racks halfway through the cooking time (5 mins.).
11. Serve with the maple syrup.

Eric's Tip: I love to stack these dippers then top them with eggs over easy. The sweet taste and crunchy texture are a fantastic backdrop to the runny yolks!

Crispy Pepperoni Brussels Sprouts

SERVES 4

Ingredients

1 lb Brussels sprouts,
trimmed & halved

½ cup thick-sliced
pepperoni, quartered

¼ cup olive oil

1 tbsp. balsamic vinegar

½ tsp. salt

Directions

1. Toss all the ingredients together in a bowl.
2. Place the ingredients on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
3. Press the Power Button, increase the cooking temperature to 380° F, and decrease the cooking time to 8 mins. Rotate the Racks halfway through the cooking time (4 mins.).
4. Serve with any entrée.

Eric's Tip: This recipe makes a delicious topping for flatbread. Just add melted provolone cheese!



Sour Cream & Onion Fried Green Tomatoes

SERVES 4

Ingredients

2 green tomatoes,
sliced ½ in. thick

½ cup mayonnaise

8 ¾ oz sour cream & onion
potato chips, crushed finely

For Serving

ranch dressing

Directions

1. Brush each tomato slice with mayonnaise. Dip the tomato slices in the crumbs of the sour cream and onion potato chips.
2. Place the tomatoes on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
3. Press the Power Button and then the French Fries Button (400° F for 15 mins.). Rotate the Racks and flip the tomatoes halfway through the cooking time (7 ½ mins.).
4. Serve with ranch dressing.

Eric's Tip: A brunch favorite of mine is to use this recipe as a base for eggs Benedict instead of English muffins!

Fried Artichoke Hearts

SERVES 4

Ingredients

1 cup flour
3 eggs
½ cup buttermilk
¼ cup water
3 cups seasoned breadcrumbs
14 artichoke hearts, cut in half

Sauce

1 stick unsalted butter
3 cloves garlic, minced
2 tbsp. parsley, chopped
¼ tsp. salt
juice of ¼ lemon

Directions

1. Pour the flour into a bowl.
2. Combine the eggs, buttermilk, and water together in a square pan and whisk them together.
3. Pour the seasoned breadcrumbs into a separate square pan.
4. Dredge the artichoke hearts in the flour and shake off any excess flour.
5. Place the floured artichoke hearts into the egg mixture and then into the breadcrumbs.
6. Place the artichoke hearts on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F for 15 mins.). Rotate the Racks halfway through the cooking time (7 ½ mins.).
8. Melt the butter in a small pot. Add the garlic, parsley, and salt to the pot to make the sauce. Cook the sauce until the garlic is slightly golden.
9. Add the lemon juice and pour the sauce over the finished artichokes.

Eric's Tip: I absolutely love these fried artichokes over fresh pasta tossed in butter and parsley. They're a nice alternative to a breaded chicken sandwich. Serve them on a nice Italian roll with baby arugula and marinated sun-dried tomatoes.



MAKES 24

Asparagus- Wrapped Filo

Ingredients

12 filo sheets

1 stick butter, melted

12 slices prosciutto,
cut in half

24 asparagus stalks,
trimmed

Directions

1. Unroll the sheets of filo out on a cutting board and cut each sheet into four equal rectangles.
2. Place half the cut filo pieces on the counter, brush these sheets with the melted butter, and top each buttered sheet with a second piece of the cut filo.
3. Place a slice of prosciutto on one end of each sheet and then the stem end of an asparagus stalk on top of each sheet. Roll the filo, prosciutto, and asparagus up.
4. Place the rolled sheets on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 15 mins. Rotate the Racks after 7 mins.

Eric's Tip: If prosciutto is not in the budget, these rolls can be just as tasty with thinly sliced ham or turkey. Add a light brush of Dijon mustard for a little zing!

Cheesy Broccoli Potato Skins

MAKES 4

Ingredients

2 Idaho potatoes, scrubbed
1 tbsp. olive oil
1 pinch salt & freshly ground
black pepper

Filling

$\frac{3}{4}$ cup broccoli florets,
shredded
 $\frac{1}{4}$ cup cream cheese,
softened
 $\frac{3}{4}$ cup cheddar, shredded
 $\frac{1}{4}$ cup parmesan, grated
 $\frac{1}{4}$ cup bacon bits
 $\frac{1}{4}$ tsp. sea salt
 $\frac{1}{4}$ tsp. freshly ground
black pepper
2 tbsp. scallion, chopped
2 tbsp. crispy fried onions

For Serving

sour cream

Directions

1. Toss the potatoes with the olive oil, salt, and pepper in a bowl.
2. Place the potatoes on two Air Flow Racks. Place the Racks on the lower and upper shelves of the Power AirFryer Oven.
3. Press the Power Button and then Baking Button (350° F) and increase the cooking time to 45 mins. Rotate the Racks halfway through the cooking time (22 $\frac{1}{2}$ mins.).
4. Let the potatoes cool until you can handle them. Cut the potatoes in half, longways.
5. Scoop the inside of the potatoes into a bowl. Leave a thin layer of potato in the skins and set the skins aside.
6. Combine the filling ingredients in the bowl with the scooped potato.
7. Fill the potato skins and place them on a Rack. Place the Rack on the lower shelf of the Power AirFryer Oven.
8. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 15 mins.
9. Serve with the sour cream.

Eric's Tip: If I have leftover rotisserie chicken, I throw it into the mix to make this recipe a complete meal!



Honey-Roasted Peanut Kale Chips

SERVES 2

Ingredients

Honey Mixture

- 1 tbsp. peanut oil
- 1 tbsp. clover honey
- ½ tsp. salt

Kale & Peanuts

- 1 bunch kale, removed stems & ripped into chunks
- ¼ cup honey-roasted peanuts, chopped finely

Directions

1. Whisk the honey mixture ingredients in a small bowl.
2. Put the kale and honey-roasted peanuts in large bowl. Pour the honey mixture over the kale and peanuts and toss the contents of the bowl to combine them.
3. Scatter the kale on two parchment paper-lined Air Flow Racks.
4. Press the Power Button and then the Dehydrator Button, increase the cooking temperature to 125° F, and decrease the cooking time to 2 hrs.

Eric's Tip: For a real spicy kick, add 1 tbsp. of cayenne pepper to the honey mixture!

Hasselback Potatoes

SERVES 3

Ingredients

6 baby potatoes

1 stick butter, melted

½ tsp. salt

Directions

1. Make thin slices down each potato, cutting almost (but not all the way) to the bottom. You can use a wooden spoon as a guide.
2. Bring a small pot of water to a boil. Blanch the cut potatoes for 10 mins. in the boiling water.
3. Remove the potatoes from the water.
4. Place the potatoes on an Air Flow Rack.
5. Brush the potatoes with the melted butter and season with the salt.
6. Place the Rack on the middle shelf of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F and increase the cooking time to 25 mins. Brush the potatoes every 5 mins. with the melted butter while they are cooking.
8. Serve the potatoes with steak.

Eric's Tip: These potatoes can be seasoned with my seasoned salt (see recipe on page 19) instead of regular salt.

Air Fry Truffle Parmesan Fries

SERVES 2

Ingredients

2 russet potatoes, scrubbed

½ tsp. sea salt

¼ tsp. freshly ground
black pepper

2 tbsp. olive oil

Toppings

1 tbsp. truffle oil

¼ cup Parmesan cheese,
grated

1 tbsp. parsley, chopped

Directions

1. Place the potatoes in the microwave and cook them for 2 mins.
2. Peel the potatoes and slice them into French fries.
3. Toss the French fries with the salt, black pepper, and olive oil in a bowl.
4. Place the potatoes in the Rotating Mesh Basket.
5. Set the Basket into the Power AirFryer Oven's Rotisserie Shaft socket.
6. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 40 mins.
7. Carefully remove the Basket with the Fetch Tool and pour the French fries onto a plate.
8. Drizzle the French fries with the truffle oil and sprinkle them with the Parmesan cheese and parsley.
9. Serve the French fries with a burger or sandwich.

Roasted Baby Potatoes

SERVES 6

Ingredients

2 lb baby red potatoes
½ tsp. granulated onion powder
½ tsp. granulated garlic powder
½ tsp. paprika
½ tsp. pink salt
¼ tsp. freshly ground black pepper
2 sprigs rosemary, chopped
2 tbsp. olive oil

Directions

1. Combine all the ingredients in a bowl.
2. Place the potatoes in the Rotating Mesh Basket.
3. Set the Basket into the Power AirFryer Oven's Rotisserie Shaft socket.
4. Press the Power Button and then the Rotisserie Button (400° F for 30 mins.).
5. Carefully remove the Basket with the Fetch Tool and pour the potatoes into a bowl.
6. Serve the potatoes with steak, chicken, or fish.



Burgers & Sandwiches

Meatloaf Sliders

Mediterranean Turkey Burger

Ham & Cheese Sliders

Mushroom Chicken Burger

Turkey Guacamole Burger

French Onion Burger

Spanish Rub Pork Burgers with Citrus Cilantro Dressing

Roasted Poblano Burger with Salsa Ketchup

Chicken Tikka Masala Burger

Crispy Fried Chicken Sandwich with Garlic Slaw

Fish Cake Sandwich

Fish Reuben

Salmon Burger with Lemon Garlic Aioli

Turkey Bacon Ranch Panini



Meatloaf Sliders

SERVES 4

Ingredients

Burger

1 lb meatloaf mix
1 large egg
1 tbsp. ketchup
2 tsp. Worcestershire sauce
1 tsp. salt
½ tsp. freshly ground
black pepper
1 tbsp. brown sugar
½ cup butter crackers,
crushed finely
2 tbsp. onion, minced
2 tsp. parsley

12 slices large cherry
tomatoes

3 slices cheddar, sliced into
quarters

12 mini potato buns

Directions

1. Combine the burger ingredients. Shape the combined ingredients into 12 patties.
2. Place the burgers on two Air Flow Racks.
3. Place the Racks on the middle and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Flip and rotate the burgers after 6 mins.
5. Top the burgers with the sliced tomato and cheddar.
6. Press the Power Button and decrease the cooking time to 2 mins. to melt the cheese.
7. Place the burgers on the potato buns.

Eric's Tip: Meatloaf mix is a blend of beef, veal, and pork. If meatloaf mix isn't available, you can use 80/20 ground beef to keep the moisture.

SERVES 4

Ingredients

Burger

1 lb ground turkey
¼ cup mint, chopped
1 heaping tbsp. capers,
minced
1 tsp. salt
3 cloves garlic, grated
½ small red onion,
chopped finely
1 large egg
¼ cup plain breadcrumbs

4 brioche buns
¼ cup margarine

Olive Tapenade

½ cup Kalamata olives,
chopped
1 tbsp. capers, minced
1 large clove garlic, minced
1 tbsp. mint, chopped
2 tbsp. sundried tomatoes,
chopped
½ tsp. lemon zest
1 tsp. lemon juice

½ cup feta, crumbled

Mediterranean Turkey Burger

Directions

1. Combine the burger ingredients in a bowl. Shape the burger ingredients into four patties.
2. Place each patty on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button and increase the cooking temperature to 390° F and the cooking time to 20 mins. Flip the burgers halfway through the cooking time (10 mins.).
4. After the burgers are done cooking, set them aside.
5. Cut the brioche buns in half horizontally and butter them with the margarine.
6. Place two buns on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
7. Press the Power Button (370° F) and cook until golden (about 3 mins.). Repeat until all the buns are toasted.
8. Combine the olive tapenade ingredients in a bowl.
9. Place the burgers on the buns with the olive tapenade and feta.

Eric's Tip: Instead of the brioche buns and tapenade, you can keep with a Mediterranean theme and serve the burgers on pita topped with hummus.

SERVES 4

Ham & Cheese Sliders

Ingredients

3 tbsp. Dijon mustard
2 tsp. jarred horseradish
12 mini potato buns,
cut in half
8 oz honey ham
½ small yellow onion, diced
small
8 slices baby Swiss cheese
2 tbsp. melted butter

Directions

1. Combine the Dijon mustard and horseradish and spread over the bottom half of the potato buns.
2. Place the buns on an Air Flow Rack.
3. Place the honey ham evenly on the buns.
4. Sprinkle the onion over the ham and top the onion with the baby Swiss cheese.
5. Place the Rack on the top shelf of the Power AirFryer Oven.
6. Lightly brush the top half of the buns with the melted butter, put them on a separate Rack, and place the Rack on the middle shelf of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 5 mins.
8. Place the top halves of the buns on the bottom halves.

Eric's Tip: If you are looking for a lighter version of this recipe, use oven-roasted turkey or rotisserie chicken instead of the honey ham!

SERVES 4

Mushroom Chicken Burger

Ingredients

Burger

1 lb ground chicken
½ cup cream of mushroom
soup
¼ cup butter crackers,
crushed finely
½ tsp. dried thyme
1 tsp. salt

4 portobello mushroom
caps, removed stems
4 slices provolone

For Serving

fresh thyme

Directions

1. Combine the burger ingredients in a bowl. Shape the combined ingredients into four patties.
2. Place the portobello mushroom caps on two Air Flow Racks.
3. Place the burgers inside the mushroom caps.
4. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 350° F.
6. After the timer runs out, rotate the burgers.
7. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 12 mins. After 10 mins., top the burgers with the provolone.
8. Garnish the burgers with the fresh thyme and serve the burgers with greens.

Eric's Tip: Before stuffing the mushrooms with burger, I like to take a small spoon and scrape out the black gills of the portobello. Doing this keeps the excess moisture out and won't turn your ground chicken black.



SERVES 4

Ingredients

Burger

- 1 lb ground turkey
- ½ cup diced canned tomatoes, liquid drained
- 1 jalapeño, seeded & minced
- 2 tsp. cilantro, chopped
- 2 tbsp. plain breadcrumbs
- 1 tsp. salt

Guacamole

- 2 avocados, peeled, pitted & crushed
- ½ small red onion, chopped finely
- 2 tbsp. cilantro, chopped
- ½ plum tomato, diced small
- 2 tsp. lime juice
- ¾ tsp. salt

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- 4 hamburger buns
- ¼ cup margarine

For Serving

- ½ cup queso fresco, crumbled

Turkey Guacamole Burger

Directions

1. Combine the burger ingredients in a bowl. Shape the combined ingredients into four patties.
2. Mix the guacamole ingredients in another bowl until the guacamole is creamy.
3. Place the burgers on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
4. Press the Power Button and increase the cooking temperature to 390° F and the cooking time to 20 mins. Flip the burgers halfway through the cooking time (10 mins.).
5. Set the burgers aside.
6. Cut the hamburger buns in half horizontally and butter them with the margarine.
7. Place two buns on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
8. Press the Power Button and cook until the buns are golden (about 3 mins.). Repeat until all the buns are toasted.
9. Place the burgers on the buns and top with the guacamole and the queso fresco.

Eric's Tip: Sometimes, finding ripe avocados is difficult. Most markets now have mashed avocados in the produce section that are ready to use. Just don't forget the lime juice; it keeps the avocado from turning brown.

French Onion Burger

SERVES 4

Ingredients

Burger

1 lb ground beef

1 packet French onion soup mix

½ Vidalia onion, chopped

4 slices baby Swiss cheese

4 hamburger buns

¼ cup margarine, softened

Directions

1. Combine the burger ingredients. Shape the combined ingredients into four patties.
2. Place the burgers on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Flip the burgers after 6 mins.
4. Top the burgers with the baby Swiss cheese.
5. Press the Power Button (370° F) and decrease the cooking time to 2 mins. to melt the cheese. Set the burgers aside.
6. Cut the hamburger buns in half horizontally and butter them with the margarine.
7. Place two buns on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
8. Press the Power Button (370° F) and cook the buns until golden (about 3 mins.). Repeat until all buns are toasted.
9. Place the burgers on the buns.

Eric's Tip: My new secret ingredient for burgers is beef broth concentrate. It really amps up the richness of the meat and keeps your burger juicy. I add 2–3 tbsp. of the broth to the ground beef.



Spanish Rub Pork Burgers

SERVES 4

with Citrus Cilantro Dressing

Ingredients

Rub

1 tbsp. smoked paprika
1 tsp. cumin
1 tsp. sea salt
2 tsp. dried cilantro
½ tsp. freshly ground
black pepper

Burger

1 lb ground pork
1 tsp. kosher salt
4 hamburger buns
¼ cup margarine, softened

Citrus Cilantro Dressing

½ cup whole milk yogurt
zest of 1 Valencia orange
1 tbsp. cilantro, chopped
½ tsp. sea salt

Directions

1. Combine the rub ingredients in a bowl.
2. Combine the burger ingredients in a separate bowl.
3. Shape the combined ingredients into four patties and coat each patty with the rub.
4. Place the burgers on an Air Flow Rack. Place the Rack on the middle shelf of the AirFryer Oven.
5. Press the Power Button (370° F) and increase the cooking time to 16 mins. Flip the burgers halfway through the cooking time (8 mins.).
6. Cut the hamburger buns in half horizontally and butter them with the margarine.
7. Place two buns on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
8. Press the Power Button (370° F) and cook the buns until golden (about 3 mins.). Repeat until all the buns are toasted.
9. Combine the citrus cilantro dressing ingredients and mix them well.
10. Place the burgers on the buns and top the burgers with the dressing.

Eric's Tip: If you haven't tried it, you owe it to yourself to top these burgers with manchego cheese, which is a firm Spanish cheese made from sheep's milk that has a rich, buttery flavor.

Roasted Poblano Burger

SERVES 4

with Salsa Ketchup

Ingredients

2 poblano peppers

Burger

1 lb ground beef

1 ½ tsp. salt

1 tsp. garlic powder

Salsa Ketchup

½ cup salsa

1 tbsp. ketchup

1 tsp. cilantro, chopped

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4 hamburger buns

¼ cup margarine, softened

Directions

1. Place the poblano peppers on an Air Flow Rack. Place the Rack on the top shelf of the Power AirFryer Oven.
2. Press the Power Button and then the French Fries Button (400° F for 15 mins.). Flip the peppers halfway through the cooking time (7 ½ mins.).
3. Place the cooked peppers in a brown bag for 20 mins. Remove the seeds and peel the skin. Chop the peppers finely.
4. Combine the chopped peppers with the burger ingredients in a bowl. Shape the combined ingredients into four patties.
5. Place the burgers on a Rack. Place the Rack on the top shelf of the Power AirFryer Oven.
6. Press the Power Button, increase the cooking temperature to 400° F, and decrease the cooking time to 12 mins. After 8 mins., flip the burgers.
7. Combine the salsa ketchup ingredients in a bowl and set the bowl aside.
8. Cut the hamburger buns in half horizontally and butter them with the margarine.
9. Place two buns on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
10. Press the Power Button and cook the buns until golden (about 3 mins.). Repeat until all the buns are toasted.
11. Place the burgers on the buns and top with the salsa ketchup.

Eric's Tip: If you can't find poblano peppers, use one green bell pepper and one jalapeño pepper in the recipe.

Chicken Tikka Masala Burger

SERVES 4

Ingredients

Burger

1 lb ground chicken
1 tsp. garam masala
1 ½ tsp. salt
1 tbsp. cilantro, chopped,
plus more for serving
2 tbsp. plain breadcrumbs

Sauce

14 ½ oz on the buns and top
with the salsa ketchup
2 tbsp. heavy cream
1 tsp. garam masala
1 tsp. salt

2 pieces naan

Directions

1. Combine the burger ingredients in a bowl. Shape the combined ingredients into four patties.
2. Place the burgers on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Flip the burgers halfway through the cooking time.
4. Combine the sauce ingredients in a small skillet, bring the sauce to a simmer, and cook the sauce for 2 mins.
5. Place each burger on a chunk of naan and spoon the sauce over the burgers. Garnish the burgers with cilantro.

Eric's Tip: Any time I cook with Middle Eastern flavors, I chop fresh mint and mix it with plain Greek yogurt. Don't be afraid to use two sauces on this burger!

Crispy Fried Chicken Sandwich

with Garlic Slaw

SERVES 4

Ingredients

Seasoning

1 cup buttermilk
1 tbsp. salt
1 tsp. freshly ground
black pepper

8 chicken tenders (about
1 ½ lb)

4 cups corn flakes,
crushed finely

Garlic Slaw

½ cup cabbage, shredded
¼ cup carrots, grated
¼ cup mayonnaise
½ tsp. garlic powder

4 brioche buns

Directions

1. Combine the seasoning ingredients in a bowl. Whisk the combined ingredients.
2. Add the chicken tenders to the seasoning and marinate the chicken for 1 hr.
3. Place the corn flakes in a separate bowl. Coat the chicken with the corn flakes.
4. Place the coated chicken on two Air Flow Racks. Place the Racks on the middle and upper shelves of the Power AirFryer Oven.
5. Press the Power Button (370° F for 15 mins.). Rotate the Racks halfway through the cooking time (7 ½ mins.).
6. Combine the garlic slaw ingredients in a bowl and set the bowl aside.
7. Place two tenders on each brioche bun and top each burger with a quarter of the garlic slaw.

Eric's Tip: In my opinion, slaw is the most underrated sandwich condiment. I love to experiment with different shredded vegetables, like broccoli stems and jicama, to add a different texture to my mix.



Fish Cake Sandwich

SERVES 4

Ingredients

10-oz flounder, cut into chunks

2 large eggs

1 cup salted crackers, crushed finely & divided

2 tbsp. red onion, minced

2 tbsp. red bell pepper, chopped finely

½ tsp. salt

¼ tsp. freshly ground black pepper

Horseradish Tartar Sauce

¼ cup mayonnaise

2 tsp. jarred horseradish

2 tsp. sweet relish

1 tsp. lemon juice

1 tbsp. parsley, chopped

4 hamburger buns

¼ cup margarine, softened

Directions

1. Chop the flounder in a food processor.
2. Combine 1 egg, ½ cup crackers, the onion, bell pepper, salt, and pepper in a bowl. Shape the combined ingredients into four patties.
3. Crack the remaining egg in a second bowl.
4. Place the remaining crackers in a third bowl.
5. Dip the burgers into the egg and then the crackers.
6. Place the burgers on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
7. Press the Power Button, increase the cooking temperature to 390° F, and decrease the cooking time to 10 mins.
8. Flip the burgers. Press the Power Button (370° F) and decrease the cooking time to 5 mins.
9. Combine the horseradish tartar sauce ingredients in a bowl.
10. Cut the hamburger buns in half and butter them with the margarine.
11. Place two buns on a Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
12. Press the Power Button and cook until the buns are golden (about 3 mins.). Repeat until all the buns are toasted.
13. Place the burgers on the buns and top the burgers with the sauce.

Eric's Tip: You can use any flaky fish, such as snapper, salmon, catfish, or tilapia, for this recipe. If you are using an individually quick frozen fish, completely thaw the fish and pat it dry.

SERVES 4

Fish Reuben

Ingredients

1 cup Russian dressing

4 cod fillets

Cole Slaw

10 oz shredded cole slaw mix

$\frac{3}{4}$ cup cider vinegar

$\frac{3}{4}$ cup sugar

3 tbsp. olive oil

1 tsp. freshly ground black pepper

1 tsp. celery salt

$\frac{1}{2}$ cup butter, softened

8 slices rye bread

4 slices baby Swiss cheese

Directions

1. Spread $\frac{1}{2}$ cup Russian dressing over the cod fillets.
2. Place the fillets on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button (370° F for 15 mins.).
4. Set the fillets aside.
5. Butter one side of each slice of rye bread. Place four slices of the bread, butter side down, on a Rack and brush the other side with the remaining dressing.
6. Combine the cole slaw ingredients in a bowl.
7. Place the fillets, cole slaw, and baby Swiss cheese on top of the slices that were covered with the dressing and top with the remaining bread, butter side up.
8. Place the Rack on the middle shelf of the Power AirFryer Oven.
9. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 6 mins. Flip the sandwiches halfway through the cooking time (3 mins.).

Eric's Tip: Don't forget to grill your sandwich to give it the true deli crunch!



Salmon Burger with Lemon Garlic Aioli

SERVES 4

Ingredients

Burger

1 lb salmon, chopped finely
½ cup panko breadcrumbs
1 large egg
2 scallions, chopped finely
1 tbsp. lemon juice
½ tsp. salt
¼ tsp. pepper freshly
ground black pepper

Lemon Garlic Aioli

¾ cup mayonnaise
3 cloves garlic, minced
2 tbsp. lemon juice
½ tsp. salt
½ tsp. freshly ground
black pepper

—
1 avocado, peeled, pitted
& sliced

4 brioche buns

Directions

1. Combine the burger ingredients in a bowl. Shape the combined ingredients into four patties.
2. Place the burgers on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
3. Press the Power Button (15-min. cooking time) and increase the cooking temperature to 390° F. Flip the burgers after 10 mins.
4. Stir the lemon garlic aioli ingredients in a bowl and set the bowl aside.
5. Place the burgers and the aioli on the buns with the sliced avocado.

Eric's Tip: Salmon is a blank canvas. For an Asian flair, add ginger, garlic, scallion, and a touch of sesame oil. Add chipotle, cilantro, and lime for a Tex-Mex flavor.

SERVES 2

Turkey Bacon Ranch Panini

Ingredients

8 strips bacon
4 slices hearty white bread
¼ cup ranch dressing
8 oz deli-sliced turkey breast
4 slices American cheese
2 tbsp. butter, softened

Directions

1. Spread the bacon strips on two Air Flow Racks. Place the Racks on the middle and upper shelves of the Power AirFryer Oven.
2. Press Power Button and then the French Fries Button (400° F for 15 mins.). Rotate the Racks after 10 mins.
3. Butter one side of each slice of bread.
4. Place two slices of bread, butter side down, on a Rack.
5. Top the bread slices on the Rack with 2 tbsp. ranch dressing each. Place 4 oz turkey, four bacon slices, and two pieces of American cheese on each bread slice. Top the sandwiches with the other two bread slices, butter side up.
6. Place the Rack on the middle shelf of the Power AirFryer Oven.
7. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Flip the sandwiches halfway through the cooking time (5 mins.).
8. Serve the sandwiches hot.





Entrées

***Crab-Stuffed
Baseball Steak***

Flavor Burst Chicken

Spring Chicken Breast

Jersey Hot Fried Chicken

***Ginger Lime Boneless
Chicken Thighs***

***Salt Cracker-Crusted
Fried Chicken***

***Chicken-Fried
Cauliflower Steak***

Chicken Chimichanga

***Cowboy Pork
Tenderloin Medallions***

Cuban Pork Chops

Mom's Fish Sticks

Cajun Catfish

Island Mahi Mahi

***Pecan-Crusted Salmon
with Orange Rosemary
Sauce***

Tortilla-Crusted Cod

Miso-Glazed Tuna

Mediterranean Swordfish

***Bacon-Wrapped
Buffalo Shrimp***

***Bacon- & Onion-
Wrapped Filet Mignon***

***Fennel-Crusted Sirloin
with Red Wine Sauce***

***Steakhouse Ribeye
with Herb Compound
Butter***

Chipotle-Rubbed Steak

Blackened Hanger Steak

Steak au Poivre

***Teriyaki & Scallion
Steak Roll-Ups***



Crab-Stuffed Baseball Steak

SERVES 4

Ingredients

4 8-oz, 4 in.-thick boneless
sirloin beef loin steaks

1 tbsp. salt

1 tbsp. freshly ground black
pepper

1 clove garlic, minced

¼ cup scallions, diced

1 small red pepper, diced
finely

1 cup baby spinach

1 tbsp. olive oil

Crab Filling

1 tsp. seafood seasoning

¼ tsp. salt

¼ tsp. freshly ground
black pepper

8 oz lump crab meat

2 oz cream cheese, softened

3 tbsp. plain breadcrumbs

1 large egg, beaten

2 tbsp. olive oil

Directions

1. Make a pocket on the side of each sirloin beef loin steak.
2. Season each steak with the salt and ground black pepper.
3. Sauté the garlic, scallions, red pepper, and baby spinach for 1 min. in a skillet with 1 tbsp. olive oil on medium-high heat. Set aside to cool.
4. Add the crab filling ingredients to the cooled pan and mix thoroughly.
5. Stuff each piece of meat with the crab filling.
6. Place the steaks on an Air Flow Rack.
7. Brush the steaks with 2 tbsp. olive oil.
8. Place the Rack on the middle shelf of the Power AirFryer Oven.
9. Press the Power Button and then the Steaks/Chops Button (370° F for 25 mins.). Flip the steaks halfway through the cooking time (12 ½ mins.).
10. Let the steaks rest for 5 mins.

Eric's Tip: If fresh crab meat isn't available, chop up 8 oz of cleaned shrimp or crawfish tails!

Flavor Burst Chicken

SERVES 4

Ingredients

8 chicken thighs

1/3 cup tomato paste

Spice Mixture

1 tbsp. cumin

1 tbsp. turmeric

1 pack of Italian dry
dressing seasoning

Directions

1. Pat the chicken thighs with paper towels to dry.
2. Brush the thighs with the tomato paste.
3. Combine the spice mixture ingredients in a bowl.
4. Sprinkle the spice mixture over the thighs.
5. Place the thighs evenly on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button and then the Chicken Button (370° F for 40 mins.). Rotate the Racks halfway through the cooking time (20 mins.).
7. Use a thermometer to check that the internal temperature of the thighs has reached 165° F. If the internal temperature has not reached 165° F, leave the thighs in the Oven until the temperature reaches 165° F.

Eric's Tip: The combination of tomato and turmeric is one of my absolute favorites! Try it on snapper or salmon next time you cook some!

Spring Chicken Breast

SERVES 3

Ingredients

3 8-oz boneless chicken
breasts

Seasoning

1 tsp. sea salt

1 tsp. freshly ground
black pepper

5 strips bacon

Mustard Mix

½ cup mayonnaise

2 tbsp. Dijon mustard

2 tbsp. honey

1 tsp. onion flakes

2 cups button mushrooms,
sliced

2 ½ cups Monterey Jack
cheese, shredded

Directions

1. Season the chicken breasts with the seasoning ingredients.
2. Place the chicken breasts on an Air Flow Rack. Place the Rack on the bottom shelf of the Power AirFryer Oven.
3. Layer the bacon on a separate Rack. Place the Rack with the bacon on the top shelf of the Power AirFryer Oven.
4. Press the Power Button, increase the cooking temperature to 375° F, and decrease the cooking time to 10 mins.
5. When the cooking time runs out, remove the Rack with the bacon and set the Rack aside.
6. Press the Power Button, increase the cooking temperature to 375° F, and decrease the cooking time to 10 mins.
7. Combine the mustard mix ingredients in a bowl.
8. Lay the chicken in a casserole dish and top each breast with 1 tbsp. mustard mix.
9. Sprinkle the button mushrooms and Monterey Jack cheese over the chicken.
10. Place the chicken back on a Rack. Place the Rack on the bottom shelf of the Power AirFryer Oven.
11. Press the Power Button, increase the cooking temperature to 375° F, and decrease the cooking time to 5 mins.
12. Add the bacon to the chicken, press the Power Button (370° F), and decrease the cooking time to 3 mins.

Eric's Tip: For some reason, any time I cook chicken and bacon, I need a big bed of garlicky greens to go with it!

Ingredients

Chicken

2 chicken thighs
2 chicken wings
2 chicken breasts, cut in half
2 chicken legs

1 cup buttermilk

Seasoning

2 cups flour
1 tbsp. freshly ground black pepper
1 tbsp. garlic powder
1 tsp. onion powder
½ tsp. poultry seasoning
1 tsp. cumin
1 tbsp. paprika
1 tbsp. olive oil

olive oil spray

Jersey Hot Sauce

2 tbsp. cayenne pepper
5 tsp. smoked or sweet paprika
2 tsp. ground cumin
1 tsp. turmeric
1 tsp. garlic powder
1 tbsp. salt
1 tsp. sugar
2 tbsp. tomato paste
4 cups olive oil (alternatively,
2 cups canola oil & 2 cups olive oil)

Jersey Hot Fried Chicken

Directions

1. Soak the chicken parts in a bowl with the buttermilk for at least 1 hr., preferably overnight.
2. Combine the seasoning ingredients in a separate bowl.
3. Dip the chicken in the flour, then in the buttermilk, and finally back in the flour.
4. Place the chicken on two Air Flow Racks. Spray the chicken with the olive oil spray. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button and increase the cooking temperature to 390° F and the cooking time to 35 mins. Rotate the Racks halfway through the cooking time (17 ½ mins.).
6. Combine the cayenne pepper, paprika, ground cumin, turmeric, garlic powder, salt, sugar, and tomato paste in a pot.
7. Cook the spices on medium-low heat for a few mins., being careful not to burn the sugars.
8. Whisk 4 cups olive oil into the sauce and cook for about 5 mins. on medium heat.
9. Drizzle the sauce over the chicken.

Eric's Tip: After the breading process, let the chicken sit for about 15 mins. so the flour can hydrate. This prevents the flour from separating from the chicken during and after cooking. Also, let any leftover sauce cool and store it in a container or mason jar. The sauce can be stored for about two weeks in the refrigerator.



Ginger Lime Boneless Chicken Thighs

SERVES 4

Ingredients

Marinade

½ cup extra virgin olive oil

½ cup lime juice

½ cup soy sauce

2 tbsp. fresh ginger, grated

4 cloves garlic, grated

½ tsp. freshly ground
black pepper

8 skinless & boneless
chicken thighs, fat trimmed

2 scallions, chopped

Directions

1. Combine the marinade ingredients in a large zip top plastic bag.
2. Let the chicken thighs marinate in the bag for 30 mins. in the refrigerator.
3. Place the thighs on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
4. Press the Power Button (370° F for 15 mins.). Flip the thighs, brush them with the marinade, and rotate the Racks halfway through the cooking time (7 ½ mins.).
5. Top the thighs with the scallions.

Eric's Tip: Serve this recipe with jasmine rice flavored with lime, cilantro, and a dash of cumin!

Salt Cracker-Crusted Fried Chicken

SERVES 4

Ingredients

4 chicken thighs
2 chicken breasts, cut in half
1 cup Italian dressing

Crumb Mixture

1 sleeve salted crackers
1 cup panko breadcrumbs
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. paprika
½ tsp. salt

1 cup flour

Buttermilk Mixture

1 egg, beaten
1 cup buttermilk

2 tbsp. butter, melted

Directions

1. Marinate the chicken thighs and breasts in the Italian dressing for 1 hr. in the refrigerator.
2. Blend the crumb mixture ingredients in a food processor.
3. Pour the flour into a square pan.
4. Beat the buttermilk mixture ingredients in a bowl and set the bowl aside.
5. Pour the crumb mixture into a separate square pan.
6. Dip the chicken in the flour, then the buttermilk mixture, and finally the crumb mixture.
7. Place the chicken on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
8. Press the Power Button and then the Chicken Button (370° F for 40 mins.). Rotate the Racks halfway through the cooking time (20 mins.).
9. Drizzle the melted butter over the chicken.

Eric's Tip: I always hope there are leftovers because I love cold fried chicken! Turn the chicken into a club-style sandwich by adding bacon, lettuce, and tomato!



SERVES 4

Ingredients

1 large cauliflower head

Flour Mixture

1 cup flour

¼ tsp. cayenne pepper

½ tbsp. onion powder

½ tbsp. garlic powder

1 tsp. sea salt

2 tsp. paprika

Egg Mixture

2 large eggs

¼ cup buttermilk

2 tbsp. water

olive oil spray

½ stick butter, melted

¼ onion, diced small

1 clove garlic, minced

6 white mushrooms,
chopped

Sauce

1 ½ cups whole milk

½ cup vegetable stock

1 vegetable bouillon cube

1 tbsp. Dijon mustard

Chicken-Fried Cauliflower Steak

Directions

1. Cut the cauliflower into ¾-in. steaks.
2. Place the cauliflower on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 10 mins.
4. Let the cauliflower cool for 10 mins.
5. Combine the flour mixture ingredients in a bowl.
6. Combine the egg mixture ingredients in a separate bowl.
7. Dredge the cauliflower in the egg mixture and then the flour mixture. Set the leftover flour mixture aside.
8. Place the cauliflower on a Rack. Spray the cauliflower with the olive oil. Place the Rack on the middle shelf of the Power AirFryer Oven.
9. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins.
10. Melt the butter and sauté the onions, garlic, and mushrooms in a sauté pan over medium heat until they are tender.
11. Add 3 tbsp. flour mixture to the sauté pan and stir the mixture until the flour is absorbed.
12. Add the sauce ingredients to the sauté pan and stir the pan until creamy. Cook until the desired thickness is reached.
13. Add the cauliflower to the sauce.

Eric's Tip: I love to treat this recipe like a breaded chicken cutlet and top it with marinara and mozzarella for an awesome Parmesan-style sandwich.

SERVES 4

Ingredients

Chicken Mixture

½ cup salsa

1 tsp. cumin

¼ tsp. cayenne powder

1 tbsp. jalapeño, chopped

2 cups chicken, cooked & pulled

1 ¼ cup cheddar, shredded

4 10-in. flour tortillas

2 tbsp. butter, melted

Guacamole

2 avocados, peeled & pitted

¼ red onion, minced

juice of ½ lime

¼ jalapeño, minced

1 tbsp. cilantro, chopped

½ tsp. sea salt

½ plum tomato, diced small

¼ cup sour cream

⅓ cup cheddar, shredded

Chicken Chimichanga

Directions

1. Combine the chicken mixture ingredients in a bowl.
2. Place the flour tortillas on the counter and fill each tortilla with ½ cup chicken mixture.
3. Roll the tortillas and brush them with the melted butter to make the chimichangas.
4. Place the chimichangas, seam-side down, on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button (370° F) and increase the cooking time to 20 mins.
6. Combine the guacamole ingredients in a bowl, mix the ingredients until the guacamole becomes creamy, and set the guacamole aside.
7. When the chimichangas are done, top them with the guacamole, sour cream, and shredded cheddar.

Eric's Tip: Don't be afraid to gently warm your tortillas in the microwave for a few seconds to give them a little more flexibility for rolling.

Cowboy Pork Tenderloin Medallions

SERVES 4

Ingredients

Coffee Rub

2 tbsp. ground dark coffee

2 tbsp. brown sugar

1 tbsp. cumin

1 tbsp. coriander

1 tbsp. granulated garlic

1 tbsp. granulated onion

2 tbsp. sea salt

1 tbsp. freshly ground
black pepper

2 pork tenderloins, trimmed
& cut into 2-in. medallions

Directions

1. Combine the coffee rub ingredients in a bowl.
2. Rub the pork medallions with the coffee rub.
3. Place the pork on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
4. Press the Power Button and then the Steaks/Chops Button (370° F) and reduce the cooking time to 20 mins. Rotate the Racks halfway through the cooking time (10 mins.).
5. Let the pork rest for 5 mins before serving.

Eric's Tip: I love using coffee for my meat rubs. I'll even use ground espresso to kick it up another level!

SERVES 6

Cuban Pork Chops

Ingredients

Marinade

1 cup mango nectar
juice & zest of 1 lime
¼ cup extra virgin olive oil
4 cloves garlic, minced
1 ½ tsp. salt
1 tsp. freshly ground
black pepper
½ tsp. cumin
¼ cup cilantro, chopped
& divided

6 2 ½-lb boneless pork
chops

Flour Mixture

2 tbsp. butter, room
temperature
3 tbsp. flour

Directions

1. Combine the marinade ingredients in a square pan and save 2 tbsp. cilantro for the garnish.
2. Marinate the pork chops for 1 hr. in the refrigerator. Flip the pork chops after 30 mins. Set the leftover marinade aside.
3. Place the marinated pork chops on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
4. Press the Power Button (370° F) and increase the cooking time to 18 mins. Rotate the Racks after 8 mins.
5. Add the marinade to a small sauté pan and bring the marinade to a boil.
6. Combine the flour mixture ingredients in a small bowl. Mix the ingredients thoroughly.
7. Whisk the flour mixture into the sauce until it thickens and cook for 2 mins. in the sauté pan.
8. Plate the pork chops and pour the sauce over them.
9. Serve the pork chops with 2 tbsp. cilantro on top.

Eric's Tip: There is nothing more Cuban than serving pork with yellow rice and black beans!



Mom's Fish Sticks

SERVES 2

Ingredients

Crumb Mixture

1 sleeve butter crackers,
crumbled finely in food
processor

½ tsp. paprika

½ tsp. garlic powder

½ cup buttermilk

1 lb cod, cut into thick strips

Directions

1. Combine the crumb mixture ingredients in a bowl.
2. Pour the buttermilk into a separate bowl. Place the cod on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
3. Dip the cod into the buttermilk and then the crumb mixture.
4. Press the Power Button and then the Fish Button (390° F for 15 mins.). Rotate the Racks halfway through the cooking time (7 ½ mins.).

Eric's Tip: Mom always served tartar sauce with my fish sticks. To make tartar sauce, combine ½ cup mayonnaise, 3 tbsp. relish, 1 tbsp. lemon juice, and a dash of hot sauce, and season the sauce with salt and pepper.

SERVES 4

Cajun Catfish

Ingredients

4 5-oz catfish fillets

Cajun Seasoning

1 tsp. paprika

1 tsp. dried oregano

½ tsp. dried thyme

½ tsp. cayenne pepper

½ tsp. freshly ground
black pepper

½ tsp. salt

juice of 1 lemon

Directions

1. Place the catfish fillets on two Air Flow Racks.
2. Combine the Cajun seasoning ingredients in a bowl.
3. Pour the lemon juice over the fillets and sprinkle them evenly with 1 tbsp. Cajun seasoning.
4. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
5. Press the Power Button and then the Fish Button (390° F) and increase the cooking time to 20 mins. Flip the fillets and rotate the Racks halfway through the cooking time (10 mins.).
6. Serve the fillets over greens.

Eric's Tip: I know this isn't traditional, but I love using those New England-style hot dog buns to make catfish po' boys. Just toast them up and top them with lettuce, tomato, and mayonnaise.



SERVES 4

Island Mahi Mahi

Ingredients

Marinade

½ cup sweetened coconut milk

½ cup soy sauce

2 tsp. lemon juice

½ shallot, minced

¼ tsp. red pepper flakes

¼ tsp. ginger, chopped

4 6-oz mahi mahi steaks

Mango Salsa

2 mangoes, peeled & diced

1 red bell pepper, diced

1 small red onion, diced

1 jalapeño, seeded & minced

¼ cup cilantro, chopped

2 tbsp. extra virgin olive oil

juice of 1 lime

¼ tsp. kosher salt

¼ tsp. freshly ground black pepper

Directions

1. Combine the marinade ingredients in a glass baking dish.
2. Add the mahi mahi to the dish and marinate for 30 mins. in the refrigerator.
3. Place the mahi mahi on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
4. Press the Power Button and then the Fish Button (390° F) and increase the cooking time to 20 mins. Flip the mahi mahi and baste it with the marinade halfway through the cooking time (10 mins.).
5. Combine the mango salsa ingredients in a bowl.
6. Plate the mahi mahi and top with the salsa.

Eric's Tip: The typical side to this recipe is rice, but with the coconut milk, I love to eat this with lo mein or rice noodles. I toss them with lots of colorful julienned vegetables.

Pecan-Crusted Salmon

with Orange Rosemary Sauce

SERVES 4

Ingredients

4 5-oz salmon fillets
½ tsp. sea salt
¼ cup honey
1 cup pecans, chopped finely
2 tbsp. honey, for drizzling

Orange Rosemary Sauce

1 cup orange juice
1 rosemary sprig
½ tsp. salt
¼ tsp. freshly ground black pepper
1 tbsp. honey
2 tbsp. unsalted butter, softened
3 tbsp. flour

Directions

1. Place the salmon fillets, skin side down, on an Air Flow Rack.
2. Season the fillets with the sea salt.
3. Brush the top of the salmon fillets with ¼ cup honey. Sprinkle the pecans on top of the salmon.
4. Place the Rack on the bottom shelf of the Power AirFryer Oven.
5. Press the Power Button, increase the cooking temperature to 390° F, and decrease the cooking time to 8 mins.
6. Transfer the Rack to the top shelf. Press the Power Button (370° F) and decrease the cooking time to 2 mins.
7. Drizzle the salmon with 2 tbsp. honey.

For Sauce

1. Bring the orange juice, rosemary, salt, pepper, and honey to a simmer in a small saucepan.
2. Combine the flour and butter in a bowl to form a paste.
3. Whisk the flour mixture into the orange juice mixture.
4. Simmer the sauce for 2 mins.

Eric's Tip: You can tailor this recipe to complement your side dish. For an Asian flare, use chopped cashews or peanuts instead of the pecans. If you are serving Mediterranean style, use pistachios.



Tortilla-Crusted Cod

SERVES 4

Ingredients

4 5-oz cod fillets

½ tsp. salt

¼ tsp. freshly ground black pepper

1 cup buttermilk

Flour Mixture

1 cup flour

¼ tsp. cayenne pepper

2 cups lime-flavored tortilla chips, crushed finely

Jalapeño Tartar Sauce

½ cup mayonnaise

1 jalapeño, seeded & diced

1 clove garlic, minced

1 tbsp. cilantro, chopped

1 tsp. lime juice

Directions

1. Season the cod fillets with the salt and ground black pepper.
2. Pour the buttermilk into a bowl.
3. Combine the flour mixture ingredients in a second bowl.
4. Pour the lime-flavored tortilla chips into a third bowl.
5. Dip the fillets into the flour, then the buttermilk, and finally the tortilla chips.
6. Place the fillets on an Air Flow Rack. Place the Rack on the upper shelf of the Power AirFryer Oven.
7. Press the Power Button then the Fish Button (390° F) and increase the cooking time to 20 mins.
8. Combine the jalapeño tartar sauce ingredients in a bowl.
9. Serve the fish with the sauce.

Eric's Tip: It may seem like tortilla overload, but I love making this into tacos. I get a nice warm flour tortilla and shredded cabbage and roll it up!

Miso-Glazed Tuna

SERVES 4

Ingredients

¼ cup mirin (rice wine)

¼ cup sake

Marinade

2 tbsp. miso paste

1 tbsp. brown sugar

1 shallot, chopped finely

2 tbsp. sweet soy sauce

1 tsp. red pepper flakes

½ tsp. salt

1 tsp. sesame oil

4 6-oz tuna steaks

Directions

1. Pour the mirin and sake into a pot and bring to a boil. Stir the marinade ingredients into the mirin and sake. Set the marinade aside to cool.
2. Pour the marinade into a glass baking dish. Add the tuna steaks to the dish and marinate the tuna for 30 mins. in the refrigerator.
3. Place the tuna on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
4. Press the Power Button and then the Fish Button (390° F) and decrease the cooking time to 12 mins. Flip the tuna and baste it with the marinade halfway through the cooking time (6 mins.).

Eric's Tip: Sake is common at most liquor stores. If you are having trouble finding mirin, you can substitute it with a dry sherry.



Mediterranean Swordfish

SERVES 2

Ingredients

Fish Rub

2 cloves garlic, minced

1 tbsp. olive oil

1 tbsp. lemon juice

1 tsp. cumin

½ tsp. salt

½ tsp. paprika

¼ tsp. freshly ground
black pepper

¼ tsp. crushed red pepper

2 8-oz swordfish steaks

Toppings

¼ cup black olives, halved

1 tbsp. capers

¼ cup sun-dried tomatoes,
cut into strips

¼ cup parsley, chopped

1 tsp. lemon juice

Directions

1. Combine the fish rub ingredients in a bowl.
2. Rub the fish rub on the swordfish steaks.
3. Place the swordfish steaks on an Air Flow Rack. Place the Rack on the top shelf of the Power AirFryer Oven.
4. Press the Power Button then the Fish Button (390° F) and increase the cooking time to 20 mins. Flip the swordfish steaks halfway through the cooking time (10 mins.).
5. Stir the topping ingredients in a bowl.
6. Add the toppings to the swordfish steaks.

Eric's Tip: The key to this dish is to use the freshest product at the market. I have substituted salmon, snapper, and tuna for the swordfish with tasty results! Serve this recipe over a fresh green salad and you are set!

Bacon- Wrapped Buffalo Shrimp

SERVES 4

Ingredients

24 16/20 shrimp, peeled,
deveined & tails on

½ cup buffalo wing sauce

12 slices bacon

For Serving

½ cup creamy blue cheese
dressing

Directions

1. Marinate the shrimp in the buffalo wing sauce for 30 mins.
2. Cut the bacon slices in half. Wrap the shrimp in the bacon slices.
3. Place the shrimp on an Air Flow Rack. Place the Rack on the middle shelf of the Power AirFryer Oven.
4. Press the Power Button and then the Fish Button (390° F) and decrease the cooking time to 10 mins.
5. Serve the shrimp with the creamy blue cheese dressing.

Eric's Tip: You can also use sea scallops instead of the shrimp for an interesting twist on the classic!



Bacon- & Onion-Wrapped Filet Mignon

SERVES 4

Ingredients

- 4 6-oz filet mignons
- 1 tbsp. sea salt
- 1 tbsp. freshly ground black pepper
- 1 extra-large onion, peeled & trimmed
- 8 slices bacon

Directions

1. Season the filet mignons with the sea salt and ground black pepper.
2. Cut the onion into 2-in. rings and carefully separate the rings.
3. Place each filet mignon into a different onion ring.
4. Wrap two slices of bacon around each onion ring and secure the bacon with a toothpick.
5. Place the filet mignons on an Air Flow Rack. Place the Rack on the top shelf of the Power AirFryer Oven.
6. Press the Power Button and then the French Fries Button (400° F) and increase the cooking time to 20 mins. Carefully turn each filet over halfway through the cooking time (10 mins.).
7. Let the filet mignons rest for 5 mins.

Eric's Tip: Make sure you chop and caramelize the extra onion, then add fresh thyme and a big spoon of cream cheese. It melts down to a delicious sauce!

Fennel-Crusted Sirloin with Red Wine Sauce

SERVES 2

Ingredients

2 16-oz NY strip steaks

½ tbsp. sea salt

½ tbsp. freshly ground
black pepper

2 tbsp. ground fennel

2 tbsp. olive oil

Sauce

2 tbsp. butter

2 cups cremini mushrooms,
sliced

1 ½ cup red wine

½ cup beef broth

1 sprig tarragon

Directions

1. Season the NY strip steaks with the sea salt and ground black pepper, then rub the steaks with the ground fennel.
2. Drizzle the steaks with the olive oil.
3. Place the steaks on an Air Flow Rack. Place the Rack on the top shelf of the Power AirFryer Oven.
4. Press the Power Button and then the French Fries Button (400° F for 15 mins.). Flip the steaks halfway the cooking time (7 ½ mins.).
5. Let the steaks rest for 5 mins.
6. Melt the butter in a sauté pan on medium-high heat. Add the mushrooms to the sauté pan. Sauté the mushrooms until they become tender.
7. Add the red wine, beef broth, and tarragon to the sauté pan.
8. Reduce the sauce by a third.
9. Plate the steaks and pour the sauce over them.

Eric's Tip: Letting your steaks sit out at room temperature for 15–20 mins. before cooking them produces a more evenly cooked steak. Don't forget to let them sit after cooking to let them rest so the juices redistribute!



Steakhouse Ribeye

with Herb Compound Butter

SERVES 2

Ingredients

Compound Butter

½ cup butter, softened

1 clove garlic, minced

½ shallot, minced

1 tbsp. parsley, chopped

1 tbsp. tarragon, chopped

1 tbsp. rosemary, chopped

¼ tsp. salt

1 tsp. Dijon mustard

juice of ¼ lemon

¼ tsp. freshly ground
black pepper

2 1-lb ribeye steaks

2 tbsp. Eric's Red Meat Rub
(see page 19 for recipe)

Directions

1. Combine the compound butter ingredients in a bowl and mix well.
2. Place the compound butter on a sheet of plastic wrap. Use the plastic wrap to shape the butter into a log, and wrap.
3. Let the log chill in the refrigerator.
4. Season the ribeye steaks with Eric's Red Meat Rub.
5. Place the steaks on an Air Flow Rack. Place the Rack on the top shelf of the Power AirFryer Oven.
6. Press the Power Button and then French Fries Button (400° F for 15 mins.). Flip the steaks halfway the cooking time (7 ½ mins.).
7. Place a ¼-in. slice of the compound butter on each steak and let the butter melt.
8. Let the steaks rest for 5 mins. before serving.

Eric's Tip: After you cut the log of butter compound into disks, you can keep the disks in the freezer and pull out only what you need.

SERVES 4

Chipotle- Rubbed Steak

Ingredients

4 1-lb ribeye steaks
2 tbsp. sea salt

Chipotle Rub

2 tbsp. chipotle powder
1 tbsp. dark brown sugar
1 tbsp. smoked paprika
1 ½ tsp. cinnamon
1 ½ tsp. cumin

olive oil spray

Directions

1. Season the ribeye steaks generously with the sea salt.
2. Combine the chipotle rub ingredients in a bowl.
3. Rub 2 tbsp. chipotle rub into the steaks.
4. Place the steaks on two Air Flow Racks.
5. Spray the steaks with the olive oil.
6. Place the Racks on the lower and upper shelves of the Power AirFryer Oven.
7. Press the Power Button (370° F for 15 mins.). Flip the steaks and rotate the Racks after 8 mins.
8. Let the steaks rest for 5 mins. before serving.

Eric's Tip: The spicy chipotle seasoning on this steak is begging to be topped with pico de gallo and ripe avocado!



SERVES 2

Blackened Hanger Steak

Ingredients

2 8–10-oz hanger steaks

1 tbsp. sea salt

Blackening Spice Rub

1 tbsp. paprika

1 tbsp. garlic powder

½ tsp. onion powder

½ tsp. thyme

½ tsp. cayenne pepper

½ tsp. freshly ground
black pepper

½ tsp. dark chili powder

olive oil spray

Directions

1. Season the hanger steaks generously with the sea salt.
2. Combine the blackening spice rub ingredients in a bowl.
3. Rub 2 tbsp. blackening spice rub evenly into the steaks.
4. Place the steaks on an Air Flow Rack.
5. Spray the steaks with the olive oil.
6. Place the Rack on the upper shelf of the Power AirFryer Oven.
7. Press the Power Button (370° F for 15 mins.). Flip the steaks after 10 mins.
8. Let the steaks rest for 5 mins. before slicing them thinly.

Eric's Tip: Hanger steak is amazingly tender. After cooking it, I like to let it chill completely in the fridge and then slice it thin for a sandwich or salad.

Steak au Poivre

SERVES 2

Ingredients

⅓ cup black peppercorn,
crushed

2 14-oz NY strip steaks

1 tsp. salt

2 tbsp. olive oil

Sauce

3 tbsp. butter

1 tbsp. shallot, chopped

¼ cup brandy

3 tbsp. beef broth

¼ cup heavy cream

¼ tsp. sea salt

Directions

1. Place the black peppercorn on a plate. Season the NY strip steaks with the salt. Place the steaks on the peppercorns to coat the steaks evenly.
2. Place the steaks on an Air Flow Rack.
3. Drizzle the steaks with the olive oil.
4. Place the Rack on the top shelf of the Power AirFryer Oven.
5. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 12 mins. Flip the steaks halfway through the cooking time (6 mins.).
6. Place the butter and shallot in a sauté pan. Sauté until tender.
7. Carefully add the brandy, beef broth, and heavy cream to the sauté pan.
8. Reduce the cream until the sauce reaches the desired thickness.
9. Season the sauce with the sea salt.
10. When the steaks are done, plate them and pour the sauce over them.

Eric's Tip: If the black peppercorn is a bit too strong for your tastes, season the meat with only the salt. You can add crushed green peppercorn to the sauce and still get that classic flavor.



Teriyaki & Scallion Steak Roll-Ups

SERVES 4

Ingredients

12 scallions, trimmed
1-lb flank steak
1 large red pepper, seeded
& cut into strips

Marinade

¼ cup sake
¼ cup mirin (rice wine)
¼ cup soy sauce
1 tbsp. honey

Directions

1. Blanch the scallions in boiling water for 45 seconds.
2. Cut the flank steak with the grain into 12 strips and pound each strip flat.
3. Lay three meat strips side by side, overlapping each other.
4. Lay three scallions and three pepper strips at one end of the meat strips and roll the meat strips.
5. Repeat steps 3–4 until all the meat strips are rolled.
6. Whisk the marinade ingredients in a square baking dish.
7. Place the rolls in the marinade and brush the rolls with the marinade. Marinate the rolls for 15 mins.
8. Place the rolls, seam-side down, on two Air Flow Racks. Place the Racks on the middle and upper shelves of the Power AirFryer Oven.
9. Press the Power Button (370° F for 15 mins.) and brush the rolls with the marinade every 5 mins until the rolls are done cooking.

Eric's Tip: For a delicious party dish, serve each roll on a slider bun and garnish the bun with a sprinkle of sesame seeds.



Desserts

Mini Chocolate Peanut Butter Cupcakes

Crunchy French Toast

PB & J Cheesecake

Cream Puffs

Cinnamon–Chocolate Crumb Coffee Cake

Cream Cheese Brownies

Orange–Blueberry Corn Muffins

Pignoli Cookies

Jam-Filled Buttermilk Scones

Cranberry White Chocolate Chip Blondies

Apricot Almond Danish





Mini Chocolate Peanut Butter Cupcakes

**MAKES
4 DOZEN**

Ingredients

1 large egg
½ cup whole milk
¼ cup vegetable oil
1 ½ tsp. vanilla extract
⅔ cup flour
1 cup sugar
⅓ cup cocoa
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
¼ cup water, boiling

Peanut Butter Frosting

1 stick unsalted butter,
softened
1 cup peanut butter
2 cups confectioners' sugar
1 tbsp. whole milk

Garnish

chocolate pearls

Directions

1. Combine the egg, ½ cup milk, vegetable oil, and vanilla in a bowl and whisk to combine.
2. Combine the flour, sugar, cocoa, baking powder, baking soda, and salt with the egg mixture and stir.
3. Slowly add the boiling water to the mixture and whisk the mixture well.
4. Pour or spoon the batter into mini aluminum cupcake liners until about two-thirds of each cupcake liner is filled.
5. Place the cupcake liners on two Air Flow Racks. Place the Racks on the bottom and middle shelves of the Power AirFryer Oven.
6. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 350° F. Rotate the Racks halfway through the cooking time (7 ½ mins.).
7. Let the cupcakes cool for 30 mins.
8. Combine the peanut butter and the butter in a bowl. Add the confectioners' sugar and 1 tbsp. milk slowly until the frosting is creamy.
9. Top the cupcakes with the frosting and the chocolate pearls.

Eric's Tip: You can also make cake truffles by mashing the baked, cooled cupcakes with the frosting. Scoop the mashed cupcakes, then let them chill in the refrigerator. Once they set, give them a good dip in melted chocolate.

SERVES 6

Crunchy French Toast

Ingredients

Egg Mixture

- 1 large egg
 - 1 tsp. vanilla
 - ¼ tsp. salt
 - 1 tbsp. unsalted butter, melted
 - ¼ cup heavy cream
 - 1 ripe banana, mashed
-
- 1 brioche loaf, cut into 12 slices
 - 1 cup cinnamon crunch cereal, crushed finely

Topping

- ½ pecans, chopped
- ½ cup dried cranberries
- 1 ripe banana, sliced

For Serving

- maple syrup

Directions

1. Mix the egg, vanilla, salt, butter, cream, and the mashed banana in a bowl.
2. Dip the brioche slices into the egg mixture and coat the bread with the cereal crumbs.
3. Spray the Air Flow Racks with nonstick spray. Place the French toast on the Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
4. Press the Power Button and then the French Fries Button (400° F) and decrease the cooking time to 10 mins. Rotate the Racks and flip the French toast halfway through the cooking time (5 mins.).
5. Top with the pecans, dried cranberries, syrup, and slices of the other banana.

Eric's Tip: You can tailor this recipe to your liking by getting creative with the cereal. Using peanut butter crunch cereal complements the bananas. If you want a less sweet flavor, use a corn crunch cereal.

SERVES 8

PB & J Cheesecake

Ingredients

Crust

1 ¼ cups nut butter cookies,
crushed finely

2 tbsp. unsalted butter,
melted

Filling

1 lb cream cheese

1 cup peanut butter

3 large eggs, room
temperature

½ cup sugar

1 tsp. vanilla

2 tbsp. flour

½ cup grape jelly

Directions

1. Mix the crust ingredients together. Press the crust into the bottom of a 6-in. high-sided springform pan.
2. Place an Air Flow Rack on the bottom shelf of the Power AirFryer Oven. Place the pan on the Rack in the Oven.
3. Press the Power Button and decrease the cooking temperature to 350° F and the cooking time to 5 mins.
4. Mix the cream cheese and peanut butter with a stand mixer until smooth.
5. Add one egg at a time, incorporating each egg before the next.
6. Add the sugar, vanilla, and flour to the cream cheese mixture.
7. Pour half of the batter into the springform pan. Pipe half of the jelly over the batter. Use an offset to swirl the jelly into the batter.
8. Add the rest of the batter to the pan. Use an offset to swirl the rest of the jelly into the batter.
9. Place a Rack on the bottom shelf of the Oven. Cover the pan with foil and place the pan on the Rack.
10. Press the Power Button, decrease the cooking temperature to 300° F, and increase the cooking time to 60 mins. When the cooking time runs out, remove the foil from the pan.
11. Press the Power Button and decrease the cooking temperature to 300° F and the cooking time to 5 mins.
12. Let the cake cool completely, refrigerate it for 4 hrs., and unmold it.

Eric's Tip: I love to serve this with warm bananas foster! Just melt ½ stick butter, ⅔ cup brown sugar, 1 tsp. vanilla, and 2 tsp. cinnamon. Bring the mixture to a simmer and add three sliced bananas.

MAKES 24

Cream Puffs

Ingredients

Dough

½ cup whole milk
2 tbsp. sugar
¼ tsp. salt
2 tbsp. butter
½ cup water
1 cup flour
2 eggs

Filling

1 ½ cups vanilla pudding

For Serving

1 cup chocolate sauce

Directions

1. Combine the milk, sugar, salt, butter, and water in a small saucepan. Bring to a boil.
2. Add the flour to the saucepan in a single addition and stir until the mixture forms a thick paste (about 3 mins.).
3. Place the hot dough into a stand mixer and mix the dough with a paddle until the dough stops steaming.
4. Add one egg at a time to the dough, allowing each egg to incorporate fully before adding the next.
5. Pipe the dough into 24 rounds using a large round tip onto two parchment paper-lined Air Flow Racks. Score the tops of the puffs with a fork. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button and then the Baking Button (350° F) and increase the cooking time to 35 mins. Rotate the Racks after 20 mins. and continue cooking until the puffs are golden brown.
7. Let the puffs cool completely.
8. Poke a hole in the bottom of each puff with a Skewer.
9. Fill the puffs with the vanilla pudding.
10. Serve the puffs with the chocolate sauce.

Eric's Tip: The classic French profiterole is a variation on this dish. To make the profiterole, substitute the pudding for vanilla ice cream and top the puffs with the warm chocolate sauce.



Cinnamon– Chocolate Crumb Coffee Cake

SERVES 9

Ingredients

Flour Mixture

1 ¼ cups flour
½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt

Butter Mixture

6 tbsp. unsalted butter,
room temperature
¾ cup sugar
1 large egg, room
temperature
1 tsp. vanilla
⅔ cup sour cream

Toppings

1 cup flour
½ cup dark brown sugar
⅓ cup sugar
2 tsp. cinnamon
2 tsp. cocoa powder
½ tsp. salt
1 stick unsalted butter,
melted

Directions

1. Combine the flour mixture ingredients in a bowl.
2. Add the butter and sugar to a bowl and mix with a stand mixer.
3. Incorporate the egg into the mixture.
4. Mix the vanilla and sour cream into the butter mixture.
5. Add the flour mixture to the butter mixture and mix to combine.
6. Pour the batter into a greased 8 x 8 baking dish.
7. Combine the toppings in a bowl until they clump together.
8. Crumble the toppings over the batter. Cover the dish with foil.
9. Place an Air Flow Rack on the bottom shelf of the Power AirFryer Oven. Place the dish on the Rack in the Oven.
10. Press the Power Button, decrease the cooking temperature to 325° F, and increase the cooking time to 40 mins.
11. When the cooking time runs out, remove the foil.
12. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 15 mins.
13. Let the cake cool completely before serving.

Eric's Tip: If you want to lighten this recipe, you can substitute the sour cream for Greek or Icelandic yogurt. Icelandic skyr is a thicker version of Greek-style yogurt.

Cream Cheese Brownies

SERVES 9

Ingredients

6 tbsp. unsalted butter,
room temperature

1 cup sugar, divided

3 large eggs, divided
& room temperature

2 tsp. vanilla

½ cup flour

¼ cup cocoa powder

½ cup peanuts, chopped

8 oz cream cheese, room
temperature

Directions

1. Beat the butter and ¾ cup sugar together in a bowl until combined.
2. Beat 1 whole egg and 1 egg white into the bowl.
3. Mix the vanilla, flour, and cocoa powder into the bowl thoroughly.
4. Fold the peanuts into the bowl to complete the brownie batter. Set the bowl aside.
5. Beat the cream cheese, ¼ cup sugar, and 1 egg white into a separate bowl and mix until smooth to make the cream cheese batter.
6. Alternate pouring the brownie and cream cheese batter into a greased 8 x 8 baking pan, swirling the batters with an offset.
7. Place an Air Flow Rack on the bottom shelf of the Power AirFryer Oven. Place the pan on the Rack in the Oven.
8. Press the Power Button and then the Baking Button (350° F) and decrease the cooking time to 25 mins.
9. Let the brownies cool for 30 mins. before cutting and serving.

Eric's Tip: The key to a good swirl is the mixing. The batter combines as it cooks, so don't overstir it!



Orange– Blueberry Corn Muffins

MAKES 15

Ingredients

1 ¼ cups cornmeal
¾ cup flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
½ cup sugar
juice & zest of 1 navel orange
4 tbsp. butter, melted
1 large egg
¾ cup buttermilk
½ pint blueberries

Directions

1. Combine the cornmeal, flour, baking powder, baking soda, and salt in a bowl.
2. Combine the sugar and orange zest in a separate bowl and mix thoroughly to release the oils.
3. Add the orange juice, butter, egg, and buttermilk to the sugar and orange zest and whisk.
4. Combine the two bowls and fold the blueberries into the mixture.
5. Scoop the mixture into 15 foil cupcake liners. Place the cupcake liners on two Air Flow Racks. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
6. Press the Power Button (370° F for 15 mins.). Rotate the Racks after 8 mins.
7. Let the muffins cool and serve them with butter.

Eric's Tip: I like to slice the muffins the next day and cook them French toast style.

**MAKES ABOUT
3 DOZEN**

Pignoli Cookies

Ingredients

10 oz almond paste
½ cup sugar
4 large egg whites, divided
1 cup confectioners' sugar
2 cups pine nuts

flour, for shaping dough

Directions

1. Beat the almond paste and sugar in a bowl until combined.
2. Beat two egg whites into the almond mixture.
3. Gradually add the confectioners' sugar to the almond mixture and mix thoroughly to make dough.
4. Whisk the remaining two egg whites in a separate bowl until the egg whites are foamy.
5. Dip your fingers into the flour to keep the dough from sticking to your fingers. Shape the dough into 1-in. balls, dip the balls into the egg whites, and coat each ball in the pine nuts.
6. Place the balls on two parchment paper-lined Air Flow Racks and flatten each ball slightly.
7. Place the Racks on the bottom and middle shelves of the Power AirFryer Oven.
8. Press the Power Button, decrease the cooking temperature to 325° F, and increase the cooking time to 18 mins. Rotate the Racks halfway through the cooking time (9 mins.).

Eric's Tip: If pine nuts are not available or too expensive, you can substitute slivered blanched almonds.





Jam-Filled Buttermilk Scones

SERVES 8

Ingredients

2 ¼ cups flour
1 tsp. salt
¼ cup sugar
2 tsp. baking powder
12 tbsp. butter, frozen
2 large eggs, beaten
⅓ cup buttermilk, plus more
for glazing
1 tsp. vanilla extract
½ cup strawberry jam
2 tbsp. demerara sugar,
for topping

Directions

1. Combine the flour, salt, sugar, and baking powder in a bowl.
2. Grate the butter into the bowl using the largest holes of a box grater.
3. Toss the ingredients in the bowl to combine them.
4. Stir the beaten eggs, buttermilk, and vanilla into the bowl, being careful not to overmix, to complete the dough.
5. Divide the dough in half, shape each dough half into a disc, wrap the discs in plastic, and refrigerate them for 1 hr.
6. Place one disc on a fresh sheet of plastic wrap. Roll the disc to ½-in. thickness.
7. Spread jam on the disc leaving a ½-in. crust around the edges.
8. Roll the other disc on another sheet of plastic wrap to ½-in. thickness.
9. Place the second disc over the first disk and gently press the discs together to seal the edges.
10. Cut the dough into eight wedges.
11. Place the wedges on two parchment paper-lined Air Flow Racks. Brush the wedges generously with the buttermilk and sprinkle them with the demerara sugar. Place the Racks on the bottom and middle shelves of the Power AirFryer Oven.
12. Press the Power Button and increase the cooking temperature to 375° F and the cooking time to 18 mins. Rotate the Racks after 10 mins.

Eric's Tip: I make a savory version of this recipe using hot pepper jelly!

Cranberry White Chocolate Chip Blondies

SERVES 9

Ingredients

¼ cup unsalted butter, room temperature

1 cup light brown sugar

2 large eggs

1 tbsp. vanilla

1 ½ cups flour

1 tsp. baking powder

½ tsp. salt

½ cup dried cranberries

½ cup white chocolate chips

Directions

1. Add the butter and brown sugar to a bowl.
2. Cream the butter and brown sugar with a stand mixer. Add one egg at a time until both eggs have been incorporated into the mixture.
3. Mix the vanilla, flour, baking powder, salt, dried cranberries, and white chocolate chips into the mixture.
4. Press the cookie dough into a foil-lined 8 x 8 baking dish. Cover the dish with foil.
5. Place an Air Flow Rack on the bottom shelf of the Power AirFryer Oven. Place the baking dish on the Rack in the Oven.
6. Press the Power Button and then the Baking Button (350° F) and increase the cooking time to 60 mins. Uncover the baking dish when there are 3 mins. left on the cooking time.
7. Let the batter cool for 1 hr. before cutting it into nine squares.

Eric's Tip: Another variation of this recipe uses dried blueberries and almonds. I love to experiment with the wide variety of dried fruit available today.

MAKES 12

Apricot Almond Danish

Ingredients

½ cup dried apricots
7 oz almond paste
1 large egg yolk
¼ cup cream cheese, room temperature
8-oz container crescent dough sheet

Egg Wash

1 egg yolk
1 tbsp. milk

Directions

1. Pulse the apricots in a food processor until they become finely chopped.
2. Combine the almond paste, egg yolk, and cream cheese in a mixer and cream.
3. Unroll the crescent dough and spread the almond mixture over the dough.
4. Spread the apricots on top of the almond mixture.
5. Roll the dough into a log. Cut the log into 12 circles.
6. Place the Danishes onto two parchment paper-lined Air Flow Racks.
7. Combine the egg wash ingredients together in a bowl.
8. Brush the Danishes with the egg wash.
9. Place the Racks on the lower and middle shelves of the Power AirFryer Oven.
10. Press the Power Button, decrease the cooking temperature to 330° F, and increase the cooking time to 20 mins. Rotate the Racks halfway through the cooking time (10 mins.).
11. When the cooking time runs out, press the Power Button and decrease the cooking temperature to 300° F and the cooking time to 8 mins.
12. Let the Danishes cool before serving them.



Beer Can Chicken

*Balsamic-Glazed
Chicken Breasts*

Pollo Pibil

*Lemon Garlic
Chicken Thighs*

*Chicken Primavera Skewers
with Bruschetta*

*Citrus Cider
Pork Tenderloin*

Pork al Pastor

BBQ Peach Short Ribs

Kansas-Style Ribs

Greek Leg of Lamb

Cider-Brined Pork Loin

Chinese Spare Ribs

Porchetta

Holy Mole Pork!

Guava-Glazed Ham

Beef Chimichurri Skewers

Beef Barbacoa

Flank Steak Churrasco

BBQ Tri-Tip

*New England
Shrimp Skewers*

*Island Scallops
with Papaya Salsa*

Hawaiian Tuna Kabobs

*Orange-Soy
Salmon Skewers*

Rotisserie



Beer Can Chicken

SERVES 4

Ingredients

Brine

2 cups water

2 cans beer

¼ cup kosher salt

½ cup brown sugar

8 thyme sprigs

3-lb whole chicken, cleaned

Rub

1 tbsp. thyme, dried

2 tsp. paprika

½ tsp. salt

¼ tsp. onion powder

¼ tsp. garlic powder

¼ tsp. freshly ground
black pepper

2 tbsp. extra virgin olive oil

Directions

1. Bring 1 cup water to a simmer in a pot.
2. Dissolve the kosher salt, sugar, and thyme in the simmering water. Add 1 cup water and the beer to the brine.
3. Marinate the chicken in the brine overnight.
4. Combine the rub ingredients in a bowl.
5. Remove the chicken from the brine and pat the chicken dry.
6. Brush the chicken with the olive oil and apply the rub to the chicken.
7. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
8. Set the Shaft through the chicken and tie butcher's twine around the chicken's legs, center, and wings.
9. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
10. Press the Power Button and then the Rotisserie Button (400° F for 30 mins.).
11. Carefully remove the chicken using the Fetch Tool.

Eric's Tip: I actually prefer a darker beer with this recipe; it gives the chicken a sweet, malty flavor. This brine can also be used on pork chops and ribs.

Balsamic- Glazed Chicken Breasts

SERVES 6

Ingredients

Balsamic Glaze

$\frac{2}{3}$ cup balsamic vinegar

6 cloves garlic, grated

$\frac{1}{4}$ cup Dijon mustard

$\frac{1}{4}$ cup honey

1 tsp. salt

$\frac{1}{2}$ tsp. freshly ground
black pepper

1 cup extra virgin olive oil

4 small boneless & skinless
chicken breasts

Directions

1. Whisk the balsamic vinegar, garlic, Dijon mustard, honey, salt, and pepper together in a bowl. Drizzle the olive oil into the glaze while whisking to emulsify the glaze.
2. Marinate the chicken breasts in the marinade for 45 mins. in the refrigerator. Toss the chicken breasts halfway through the cooking time (22 $\frac{1}{2}$ mins.).
3. Fold the chicken in half on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
4. Press the Power Button and then the Rotisserie Button (400° F for 30 mins.). Brush the chicken with the glaze every 10 mins. while the chicken is cooking.
5. Carefully remove the chicken using the Fetch Tool.

Eric's Tip: For an extra little kick that complements the balsamic vinegar, add some freshly squeezed orange juice and the zest to the marinade.

SERVES 4

Pollo Pibil

Ingredients

Marinade

- ¾ cup orange juice
 - ¼ cup grapefruit juice
 - 1 tsp. dried oregano
 - 1 tsp. salt
 - ½ tsp. freshly ground black pepper
 - ½ tsp. cumin
 - ¼ tsp. chili powder
-

3-lb whole chicken

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the chicken in the marinade for 1 hr. in the refrigerator.
3. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
4. Skewer the chicken with the Rotisserie Shaft. Tie butcher's twine around the chicken's legs, center, and wings. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
5. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 35 mins. Brush the chicken with the marinade every 10 mins while the chicken is cooking.
6. Carefully remove the chicken using the Fetch Tool.

Eric's Tip: Any leftover chicken can be made into a delicious chicken salad. Mix the chicken with mayonnaise, salsa, cilantro, and red onion.

Lemon Garlic Chicken Thighs

SERVES 3

Ingredients

Marinade

½ cup lemon juice
2 tbsp. lemon zest
¾ cup olive oil
2 tbsp. rosemary
1 tsp. salt
8 cloves garlic, grated

6 chicken thighs,
excess skin trimmed

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the chicken thighs in the marinade for 1 hr. in the refrigerator.
3. Place the thighs on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Place the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
4. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 45 mins.
5. Carefully remove the thighs using the Fetch Tool.

Eric's Tip: I love to serve this chicken over a fresh herb risotto and sautéed spinach!





SERVES 2

Ingredients

Marinade

¼ cup red wine vinegar

2 tbsp. fresh rosemary,
chopped

2 tbsp. fresh thyme

1 tsp. salt

½ tsp. freshly ground
black pepper

⅔ cup extra virgin olive oil

2 chicken breasts,
cut into 15 chunks

1 small yellow squash,
removed ends & cut into five
chunks

5 broccoli florets, blanched
for 1 min.

¼ large white onion, cut into
1-in. chunks

5 cherry tomatoes

Bruschetta

2 plum tomatoes, chopped

½ small red onion, chopped
finely

1 clove garlic, minced

1 tsp. balsamic vinegar

2 tsp. olive oil

1 tsp. fresh basil, chopped

½ tsp. salt

¼ tsp. freshly ground
black pepper

Chicken Primavera Skewers with Bruschetta

Directions

1. Combine the red wine vinegar, rosemary, thyme, salt, and pepper in a bowl. Drizzle the olive oil into the bowl while whisking to emulsify the marinade.
2. Marinate the chicken in the marinade for 30 mins. in the refrigerator.
3. Alternate skewering three chicken chunks with one squash chunk, one broccoli floret, one white onion chunk, and one cherry tomato to fill five Skewers.
4. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
5. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 15 mins.
7. Carefully remove the chicken skewers using the Fetch Tool.
8. Combine the bruschetta ingredients in a bowl and serve the bruschetta with the chicken skewers.

Eric's Tip: I love to pair this recipe with angel hair pasta, olive oil, and grated Romano cheese! Don't cook the bruschetta topping; just let the heat from the pasta warm it!

Citrus Cider Pork Tenderloin

SERVES 4

Ingredients

Marinade

1 cup grapefruit juice
2 cups apple cider
2 tbsp. apple cider vinegar
¼ cup dark brown sugar
¼ cup honey
2 tsp. salt
1 tsp. freshly ground
black pepper

2-lb pork tenderloin

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the pork in the marinade for 1 hr. in the refrigerator.
3. Place the pork on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
4. Press the Power Button and then the Rotisserie Button (400° F for 30 mins.). Brush the pork with the marinade every 5 mins. while the pork is cooking.
5. Carefully remove the pork using the Fetch Tool.

Eric's Tip: Anytime I have pork tenderloin, I get a craving for acorn squash roasted with butter, brown sugar, and cinnamon.

SERVES 6

Ingredients

Rub

- 2 tbsp. chili powder
- 2 tbsp. water
- 1 cup pineapple chunks
- 1 onion, quartered
- 2 cloves garlic
- 1 tsp. salt
- 1 tsp. dried oregano
- 1 tbsp. fresh cilantro
- 1 tsp. freshly ground black pepper

3-lb pork loin

Salsa Verde

- ½ lb tomatillo, cleaned & cut in half
- ¼ white onion
- 2 tbsp. fresh cilantro
- 1 tsp. lime juice
- ¼ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ cup water

For Serving

- 12 flour tortillas

Pork al Pastor

Directions

1. Mix the chili powder with 2 tbsp. water.
2. Pour the chili powder mixture into a food processor and add the pineapple chunks, onion, garlic, salt, dried oregano, fresh cilantro, and ground black pepper to make the rub. Pulse the rub until it becomes smooth.
3. Apply the rub to the pork and marinate the pork overnight in the refrigerator.
4. Place the pork on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
5. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 60 mins.
6. Place all the salsa verde ingredients in a pan and cook for 10 mins. on medium until soft.
7. Place the salsa verde in a blender and blend until the salsa is chopped.
8. Carefully remove the pork from the Power AirFryer Oven using the Fetch Tool.
9. Serve the pork with the salsa on the flour tortillas.

Eric's Tip: The pineapple gives the pork a nice tang while helping to tenderize it. I use this as a hearty omelette filling with pepperjack cheese.

BBQ Peach Short Ribs

SERVES 4

Ingredients

Marinade

1 cup peach preserves

½ cup orange juice

1 tsp. ginger, peeled & minced

1 tsp. garlic, minced

½ tsp. salt

¼ tsp. freshly ground black pepper

¼ cup ketchup

¼ cup peach liquor

2 lb short ribs

Directions

1. Combine all the marinade ingredients in a shallow pan.
2. Marinate the short ribs in the marinade for 1 hr.
3. Skewer the short ribs to fill four skewers.
4. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Set Screws.
5. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button, decrease the cooking temperature to 325° F, and increase the cooking time to 45 mins. Brush the short ribs with the marinade every 10 mins while the short ribs are cooking.
7. Carefully remove the short ribs using the Fetch Tool.

Eric's Tip: These short ribs are begging for a Hawaiian sweet roll and sharp cheddar cheese!



Kansas-Style Ribs

SERVES 2

Ingredients

Rub

- ½ cup brown sugar
- 1 tbsp. dry mustard
- 1 tsp. smoked paprika
- 1 tsp. salt
- 2 tsp. dried minced onion
- 1 tsp. garlic powder
- 1 tsp. freshly ground black pepper
- _____
- 1 ½ racks pork spare ribs

Sauce

- 1 cup water
- ½ cup ketchup
- ¼ cup brown sugar
- ¼ cup apple cider vinegar
- 2 tbsp. maple syrup
- ¼ tsp. cayenne pepper
- ½ tsp. salt
- ½ tsp. freshly ground black pepper

Directions

1. Cut the full spare ribs rack in half.
2. Combine the rub ingredients in a bowl.
3. Apply the rub to the ribs.
4. Add the sauce ingredients to a saucepan. Heat the ingredients and mix them well to blend them. Once the sugar has melted, remove the saucepan from the heat.
5. Place the ribs on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Brush the ribs with the sauce. Set the Rotisserie Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button (400° F for 30 mins.). Brush the ribs with the sauce halfway through the cooking time (15 mins.).
7. Carefully remove the ribs using the Fetch Tool.

Eric's Tip: I'm starting to see beef spare ribs in the market more. You can get the same amazing result with them too!

Greek Leg of Lamb

SERVES 6

Ingredients

Marinade

1 cup whole fat Greek yogurt
juice & zest of 1 lemon
2 cloves garlic, grated
½ tsp. cumin
½ tsp. dried dill
½ tsp. salt
¼ tsp. freshly ground
black pepper

2 ½-lb boneless lamb leg

Directions

1. Combine the marinade ingredients in a bowl and mix them together thoroughly.
2. Coat the lamb with half of the marinade and let the lamb sit for 30 mins.
3. Place the lamb on the Rotisseries Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Rotisserie Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
4. Tie the lamb with butcher's twine to secure.
5. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 45 mins. Brush the lamb with the marinade every 10 mins. while the lamb is cooking.
6. Carefully remove the lamb using the Fetch Tool.
7. Let the lamb rest for 15 mins. before slicing.

Eric's Tip: Lamb can be a little gamey for some people. I have used a beef sirloin roast and it turned out amazing! Just serve with jasmine rice seasoned with lemon and mint!



Cider-Brined Pork Loin

SERVES 6

Ingredients

Rub

1/3 cup Dijon mustard
3 tbsp. sugar
3 tbsp. honey
1 tsp. horseradish

Brine

2 cups brown sugar
3/4 cup kosher salt
1 tbsp. black peppercorns
1 tbsp. mustard seeds
1/2 tsp. red pepper flakes
4 thyme sprigs
3 1/2 cups apple cider vinegar, divided
1 tsp. horseradish
3 cups water

3-lb pork loin

Directions

1. Stir 1 tsp. horseradish, the Dijon mustard, sugar, and honey together in a bowl to make the rub. Set the bowl aside.
2. Combine the sugar, salt, peppercorns, mustard seeds, pepper flakes, thyme, 2 cups apple cider vinegar, and 1 tsp. horseradish in a small saucepan to make the brine. Bring the ingredients to a simmer.
3. Remove the saucepan from the heat. Let the ingredients steep for 30 mins.
4. Add 1 1/2 cups apple cider vinegar and the water to the saucepan.
5. When the brine has completely cooled, marinate the pork in the brine for 12 hr. Pat the pork dry with paper towels.
6. Coat the pork with the rub.
7. Place the pork on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
8. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 60 mins. Brush the rub on the pork every 15 mins. while the pork is cooking.
9. Carefully remove the pork using the Fetch Tool.

Eric's Tip: The next day, when the pork has chilled, slice the pork thinly and put it on a baguette with a touch of Dijon mustard and a little applesauce.

SERVES 4

Chinese Spare Ribs

Ingredients

Marinade

- 2 tbsp. hoisin sauce
 - 2 tbsp. ketchup
 - 1 tbsp. honey
 - 1 tbsp. sake
 - ½ tsp. rice vinegar
 - 1 tsp. ginger, grated
 - 1 clove garlic, grated
 - ¼ tsp. Chinese five-spice powder
 - ¼ tsp. salt
 - 1 tbsp. sweet chili sauce
-

2 lb boneless pork spare ribs

Directions

1. Combine the marinade ingredients in a bowl and stir.
2. Marinate the ribs in the marinade for 30 mins. in the refrigerator.
3. Thread the ribs onto two Skewers.
4. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
5. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 40 mins. Brush the ribs with the marinade every 10 mins. while the ribs are cooking.
7. Carefully remove the ribs using the Fetch Tool.

Eric's Tip: I love to have these ribs with sticky rice flavored with cilantro, ginger, and sesame oil!





SERVES 6

Porchetta

Ingredients

½ cup extra virgin olive oil,
divided

½ cup sage, chopped

½ cup rosemary, chopped

¼ cup garlic, minced

1 ½ tsp. fennel seed

2 tbsp. orange zest

½ tsp. red pepper flakes

1 tsp. freshly ground
black pepper

4-lb boneless pork shoulder,
butterflied

2 tbsp. salt

Directions

1. Combine ¼ cup olive oil with the sage, rosemary, garlic, fennel seed, orange zest, red pepper flakes, and ground black pepper to make the seasoning.
2. Place the pork shoulder on a surface, season the pork with 1 tbsp. salt, and spread the seasoning over the pork.
3. Roll the pork to create a roulade. Tie the pork with twine.
4. Put the pork on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Rub ¼ cup olive oil on the pork and season the pork with 1 tbsp. salt. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
5. Press the Power Button and then the Rotisserie Button, decrease the cooking temperature to 300° F, and increase the cooking time to 60 mins.
6. When the cooking time runs out, press the Power Button and then the Rotisserie Button (30-min. cooking time) and decrease the cooking temperature to 300° F.
7. Let the pork rest for 15 mins. before slicing.

Eric's Tip: Pork is amazing with broccoli rabe, but broccoli rabe is a little bitter for some people. To mellow the flavor, blanch the broccoli rabe in salted boiling water for 2 mins. and then sauté the broccoli rabe in olive oil, garlic, and red pepper flakes.

Holy Mole Pork!

SERVES 4

Ingredients

Marinade

- 2 chipotle peppers in adobo, minced
 - 1 tbsp. adobo sauce
 - 1 tbsp. tomato paste
 - 2 tbsp. white onion, grated
 - 1 tbsp. peanut oil
 - ½ tsp. cumin
 - ½ tsp. allspice
 - 1 tsp. chicken bouillon powder
 - ½ tsp. salt
 - 1 ½ tsp. cocoa powder
 - ½ tsp. white vinegar
-

2-lb pork loin

Directions

1. Combine the marinade ingredients in a bowl.
2. Coat the pork in the marinade and marinate the pork for 1 hr. in the refrigerator.
3. Place the pork on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Rotisserie Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
4. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 40 mins.
5. Carefully remove the pork using the Fetch Tool.

Eric's Tip: If the chipotle in adobo is too spicy for you, you can substitute smoked paprika, which gives that smoke flavor without the heat.





Guava-Glazed Ham

SERVES 6

Ingredients

Guava Glaze

4 cups guava juice

¼ tsp. cloves, whole

¼ peppercorns, whole

3-lb classic dinner ham

Directions

1. Combine the glaze ingredients in a small pot and bring to a simmer until the glaze becomes syrupy.
2. Put the ham on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
3. Press the Power Button and then the Rotisserie Button (400° F for 30 mins.). Brush the ham with the glaze every 5 mins.
4. Carefully remove the Shaft using the Fetch Tool.
5. Carefully remove the ham from the Shaft and slice the ham.

Eric's Tip: If you can't find guava juice, you can use the equivalent, guava jelly. Bring the heat up slowly, and the jelly melts into a liquid.

Beef Chimichurri Skewers

SERVES 3

Ingredients

Marinade

2 tbsp. extra virgin olive oil

2 tbsp. lime juice

3 cloves garlic, minced

½ tsp. salt

½ tsp. freshly ground
black pepper

1 tsp. ground cumin

—

1 ½ lb top round, cubed

1 white onion, cut into
chunks

12 mini bell peppers

Chimichurri Sauce

2 cloves garlic

1 cup parsley, chopped

1 cup cilantro

¼ cup mint

½ cup extra virgin olive oil

⅓ cup red wine vinegar

½ tsp. salt

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the top round in the marinade for 30 mins. in the refrigerator.
3. Alternate skewering the top round cubes, white onion chunks, and mini bell peppers to fill three skewers.
4. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
5. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 15 mins.
7. Place the chimichurri sauce ingredients into a blender and chop.
8. Carefully remove the Skewers using the Fetch Tool and serve them with the sauce.

Eric's Tip: Chimichurri sauce isn't just for meat. I've used it on roasted potatoes, grilled corn, and even poached eggs and omelettes!

SERVES 4

Beef Barbacoa

Ingredients

Rub

1 cup black beans, drained
½ red onion, cut into chunks
2 cloves garlic, minced
2 chipotles in adobo
¼ cup peanuts
½ tsp. turmeric
½ tsp. ground anise
2 tsp. salt
¼ cup peanut oil

2 ½-lb chuck roast

Directions

1. Combine the rub ingredients in a food processor and pulse until smooth.
2. Apply the rub to the chuck roast and marinate the roast for 1 hr.
3. Place the roast on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
4. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 25 mins.
5. Carefully remove the roast using the Fetch Tool.

Eric's Tip: Pair this recipe with warm corn tortillas, raw onion, queso fresco, and a squeeze of fresh lime. You will not be disappointed!

Flank Steak Churrasco

SERVES 4

Ingredients

Marinade

2 cloves garlic, minced

1 tsp. salt

½ tsp. freshly ground
black pepper

1 cup orange juice

2 tbsp. lemon juice

juice & zest of 1 lime

1 tsp. oregano

½ cup olive oil

2 ½-lb flank steak

Rub

½ cup fresh parsley,
chopped finely

2 cloves garlic, minced

1 tbsp. red wine vinegar

¼ tsp. freshly ground
black pepper

½ tsp. salt

1 pinch red pepper flakes

Directions

1. Combine the marinade ingredients in a pan.
2. Marinate the flank steak in the marinade for 1 hr. in the refrigerator.
3. Combine the rub ingredients in a separate bowl.
4. Lay the marinated meat on a surface. Apply the rub to the steak.
5. Roll the steak the long way. Tie the rolled steak with twine.
6. Place the steak on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
7. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 40 mins.
8. Carefully remove the steak using the Fetch Tool.

Eric's Tip: Anytime I grill steak, I need to eat it with salad. My favorite combination is a classic iceberg wedge salad with blue cheese dressing, tomatoes, and this steak!

SERVES 4

BBQ Tri-Tip

Ingredients

Rub

1 tsp. freshly ground
black pepper

1 tsp. cumin

1 tbsp. paprika

¼ tsp. ground coriander

2 tbsp. brown sugar

2 tsp. kosher salt

1 tbsp. extra virgin olive oil

2 ½-lb tri-tip steak

Directions

1. Combine the rub ingredients in a bowl.
2. Apply the rub to the steak.
3. Place the steak on the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
4. Set the Shaft into the Power AirFryer Oven's Rotisserie Shaft sockets.
5. Press the Power Button and then the Rotisserie Button (400° F) and increase the cooking time to 40 mins.

Eric's Tip: Tri-tip is very tender, so I love to slice it thin and serve it on slider buns with horseradish!

New England Shrimp Skewers

SERVES 5

Ingredients

Marinade

juice & zest of 1 lemon

¼ cup white wine

2 cloves garlic, minced

2 tbsp. parsley, chopped

1 tsp. seafood seasoning

1 lb 16/20 shrimp, peeled
& deveined

20 baby red potatoes

3 chorizo links, cut into
medallions

2 corn ears, cut into quarters

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the shrimp in the marinade for 30 mins. in the refrigerator.
3. Microwave the potatoes for 2 mins.
4. Alternate skewering two shrimp, two potatoes, one corn piece, and two sausage slices on each Skewer to fill ten Skewers.
5. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Set Screws.
6. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
7. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 15 mins.
8. Carefully remove the Skewers using the Fetch Tool.

Eric's Tip: These skewers are awesome served over fettuccine Alfredo. It's an unusual play on New England clam chowder.



Island Scallops with Papaya Salsa

SERVES 5

Ingredients

1 can coconut milk,
sweetened

15 ¼-oz can pineapple
chunks in juice

3 tsp. sea salt

2 tbsp. rum

1 ¼ lb sea scallops (about
15 large scallops)

½ cup coconut flakes,
finely shredded

Salsa

1 papaya, peeled & diced

1 avocado, pitted, peeled
& diced

1 small red onion, diced

¼ cup cilantro, chopped

2 tbsp. extra virgin olive oil

juice of 1 lime

¼ tsp. kosher salt

¼ tsp. freshly ground
black pepper

Directions

1. Combine the coconut milk, the juice from the pineapple chunks, 1 tsp. sea salt, and the rum in a large bowl and stir.
2. Add the scallops to the bowl and marinate for 1 hr.
3. Alternate skewering the pineapple and scallops to fill five Skewers.
4. Sprinkle the skewered scallops with 2 tbsp. sea salt and the coconut flakes.
5. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Set Screws.
6. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
7. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 10 mins.
8. Carefully remove the Skewers using the Fetch Tool.
9. Combine the salsa ingredients in a bowl.
10. Remove the Skewers and serve the scallops with the salsa.

Eric's Tip: Feel free to use shrimp in this recipe as well. I have also used swordfish that I cut into chunks!

Hawaiian Tuna Kabobs

SERVES 4

Ingredients

Marinade

¼ cup pineapple juice
2 tbsp. ketchup
2 scallions, chopped
2 cloves garlic, minced
2 tbsp. light brown sugar
1 tsp. salt

2 lb tuna, cut into cubes
1 green bell pepper, cut into 1-in. pieces
1 red bell pepper, cut into 1-in. pieces
1 red onion, cut into 1-in. pieces

Macadamia Nut Pesto

½ cup macadamia nuts
¼ cup cilantro
¼ cup mint
juice & zest of 1 lime

Directions

1. Combine the marinade ingredients in a large bowl.
2. Add the tuna to the bowl and marinate the tuna for 1 hr. in the refrigerator.
3. Alternate skewering the tuna cubes, green bell pepper pieces, red bell pepper pieces, and red onion pieces to fill eight Skewers.
4. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Set Screws.
5. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 15 mins.
7. Carefully remove the Skewers using the Fetch Tool.
8. Pulse together the pesto ingredients in a food processor.
9. Remove the tuna and vegetables from the Skewers and serve the tuna and vegetables with the pesto.

Eric's Tip: I love to take warm naan bread and make delicious grilled tuna wraps. Just garnish with thinly shredded cabbage.



Orange–Soy Salmon Skewers

**MAKES
5 SKEWERS**

Ingredients

Marinade

juice & zest of 1 orange

¼ cup soy sauce

2 tsp. ginger, minced

1 tsp. sweet chili sauce

2 lb salmon, removed skin
& cut into chunks

2 zucchinis, removed ends
& cut into thick medallions

3 cremini mushrooms,
cut in half

1 small red onion, cut into
chunks

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the salmon in the marinade for 30 mins. in the refrigerator.
3. Alternate skewering three salmon chunks with one zucchini medallion, one cremini mushroom half, and one red onion chunk to fill five Skewers.
4. Assemble the Adjustable Skewer Racks with the Rotisserie Shaft and secure the Shaft with the Rotisserie Forks and Set Screws.
5. Lock each Skewer into the Adjustable Skewer Racks. Set the Racks into the Power AirFryer Oven's Rotisserie Shaft sockets.
6. Press the Power Button and then the Rotisserie Button (400° F) and decrease the cooking time to 20 mins.
7. Carefully remove the salmon skewers using the Fetch Tool.

Eric's Tip: You can very easily substitute shrimp or scallops for the salmon in this recipe. Serve the recipe over sautéed baby bok choy flavored with sesame oil and a touch of sriracha sauce!



Teriyaki Chicken Jerky

Onion Powder

Garlic Powder

Garlic & Onion Dip

Tomato Powder

Tomato Sauce Leather

Soup Mirepoix

Dried Spiced Papaya

Lentil Soup

Sriracha Cauliflower Chips

Salt & Vinegar Beet Chips

Watermelon Candy Wedges

Pineapple Banana Leather

Dried Grapefruit

Vanilla Bean Meringues

Salmon Jerky

Pineapple Chews

Sweet & Spicy Beef Jerky

Cheesy Broccoli Chips

Wasabi Green Beans

Ranch Kale Chips

Dehydration



SERVES 6

Teriyaki Chicken Jerky

Ingredients

Marinade

¼ cup teriyaki glaze

1 tsp. salt

2 tsp. garlic powder

¼ tsp. red pepper flakes

1 tsp. paprika

1 lb chicken breasts, sliced
thinly

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the chicken breasts in the marinade overnight in the refrigerator.
3. Remove the chicken breasts from the marinade and pat the chicken dry.
4. Divide the meat onto the three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
5. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 165° F and the cooking time to 5 hrs.

Eric's Tip: Don't forget the classic buffalo chicken version for a great gameday snack. Substitute the teriyaki glaze for your favorite buffalo sauce.

MAKES ABOUT
1/4 CUP

Onion Powder

Ingredients

1 large white onion, peeled
& sliced thinly

Directions

1. Place the onion slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
2. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 120° F and the cooking time to 12 hrs.
3. Place the onion slices in a blender to make the powder or use as is.

MAKES ABOUT
1/4 CUP

Garlic Powder

Ingredients

6 heads garlic, peeled
& sliced thinly

Directions

1. Separate the garlic heads, peel them, and thinly slice them.
2. Place the garlic slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 120° F and the cooking time to 12 hrs.
4. Place the garlic slices in a blender to make the powder or use as is.

Eric's Tip: Both powders are fantastic as a base in my BBQ rib rub. You get all the flavor without the high salt content. Just mix in equal parts paprika, cumin, and fresh ground black pepper to make the rub.

SERVES 6

Garlic & Onion Dip

Ingredients

1 pint sour cream
¼ cup dehydrated onion
1 tbsp. garlic powder
1 tsp. salt
½ tsp. freshly ground
black pepper

Directions

1. Combine the sour cream, dehydrated onion, garlic powder, salt, and ground black pepper in a bowl.
2. Serve the dip with raw vegetables or your favorite chips.



**MAKES ABOUT
1 CUP**

Tomato Powder

Ingredients

5 lb tomatoes, sliced thinly
($\frac{1}{8}$ in.)

Directions

1. Place tomato slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
2. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 120° F and the cooking time to 12 hrs.
3. Place the tomato slices in a blender to make the powder or use as is.

Eric's Tip: I love using this tomato powder as a seasoning in cold sauces and dressings. It adds that intense tomato flavor without thinning it out. Try adding tomato powder and fresh tarragon to garlic aioli!

**MAKES
3 SHEETS**

Tomato Sauce Leather

Ingredients

½ onion
2 cloves garlic
2 tbsp. olive oil
28-oz can tomato purée
3 tbsp. tomato paste
1 tbsp. basil pesto
1 tsp. salt
½ tsp. freshly ground
black pepper
3 cups water

Directions

1. Sauté the onions and garlic in a saucepot with the olive oil until the onions and garlic become tender.
2. Add the tomato purée, tomato paste, basil pesto, salt, and ground black pepper to the saucepot and simmer for about 1 hr.
3. Let the sauce cool.
4. Place the sauce in a blender and purée.
5. Cut three pieces of wax paper to fit the Air Flow Racks and place the paper on three Racks.
6. Divide the sauce between the three Racks. Spread the sauce out to cover the paper.
7. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
8. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 135° F and the cooking time to 6 hrs.
9. Add the water to the leather when you are ready to use the sauce.

Eric's Tip: For a kicked-up bloody Mary version of this sauce, substitute the pesto with prepared horseradish, the juice of 1 lemon, and add a few drops of Worcestershire sauce.



MAKES 1 CUP

Soup Mirepoix

Ingredients

4 stalks celery, sliced into
¼-in. pieces

3 carrots, peeled & sliced
into ¼-in. medallions

½ large white onion, peeled
& sliced thinly

Directions

1. Place the celery slices, carrot slices, and onion slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
2. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F and the cooking time to 12 hrs.

Eric's Tip: Mirepoix is used in almost every soup and stew. It works well in pressure cooker recipes since the vegetable flavor is already concentrated.

SERVES 4

Dried Spiced Papaya

Ingredients

1 papaya, peeled & seeded

2 tbsp. Chinese five-spice powder

Directions

1. Slice the papaya into long strips and toss the strips with the Chinese five-spice powder.
2. Place the papaya slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 120° F and the cooking time to 12 hrs.

SERVES 4

Lentil Soup

Ingredients

1 cup lentils, dried
¾ cup soup mirepoix*
1 tbsp. dried garlic†
2 tbsp. olive oil
½ sheet tomato sauce
leather‡
4 cups chicken stock
½ tsp. freshly ground
black pepper

Directions

1. Add the lentils, soup mirepoix, dried garlic, olive oil, tomato sauce leather, chicken stock, and ground black pepper to a medium-size pot and simmer the ingredients for 1 hr.

*See recipe on page 213

†See recipe on page 207

‡See recipe on page 211

Sriracha Cauliflower Chips

SERVES 4

Ingredients

- 1 head cauliflower, cut into small florets
- 3 tbsp. extra virgin olive oil
- 1 ½ tbsp. sriracha powder

Directions

1. Toss the cauliflower florets with the olive oil and sriracha powder until the cauliflower is well coated.
2. Place the cauliflower florets in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 130° F and the cooking time to 24 hrs.

Eric's Tip: My other favorite variation is to substitute the sriracha with curry powder. Middle Eastern seasoning always goes well with cauliflower.

SERVES 2

Salt & Vinegar Beet Chips

Ingredients

3 medium beets, peeled
& sliced thinly

1 tsp. sea salt

2 tbsp. red wine vinegar

½ tsp. onion powder

Directions

1. Toss the beets with the sea salt, red wine vinegar, and onion powder.
2. Place the beet slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F and the cooking time to 10 hrs.

Eric's Tip: I love to take these and make a big plate of provincial-style nachos. Just top the chips with pulled rotisserie chicken, warm seasoned lentils, crumbled goat cheese, and some fresh thyme.

SERVES 8

Watermelon Candy Wedges

Ingredients

½ medium watermelon

Directions

1. Cut the watermelon into 1-in. medallions.
2. Cut each medallion like a pizza into eight pieces and remove the rind.
3. Place the watermelon triangles in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 130° F and the cooking time to 24 hrs.
5. When the cooking time runs out, press the Power Button and then the Dehydrator Button and increase the cooking temperature to 130° F and the cooking time to 6 hrs.

Eric's Tip: After slicing the watermelon, I let it sit out for a little while on the Air Flow Racks to allow some of the excess moisture to drain. I also season them with a little sprinkle of salt and a squeeze of fresh lime juice!



Pineapple Banana Leather

**MAKES
3 SHEETS**

Ingredients

½ pineapple

2 bananas

¼ whole lemon

Directions

1. Place the pineapple, bananas, and lemon in a food processor and purée.
2. Divide the purée between three wax paper-lined Air Flow Racks. Spread the purée out to cover the paper.
3. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 135° F and the cooking time to 6 hrs.

Eric's Tip: For a savory island version of this recipe, add 3 tbsp. fresh cilantro and 1 tbsp. chopped jalapeño.

SERVES 2

Dried Grapefruit

Ingredients

1 large grapefruit

Directions

1. Remove the top and bottom of the grapefruit with a knife so that the grapefruit sits flat on the cutting board. Slice down the grapefruit to remove its skin and expose the flesh. Take a knife and slice between the inside skin sections and remove the grapefruit flesh.
2. Place the grapefruit sections in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F and the cooking time to 24 hrs.

Eric's Tip: I love to dip this dried grapefruit in dark chocolate. The intense flavor of the grapefruit complements the deep cocoa flavor.



**MAKES ABOUT
3 DOZEN**

Vanilla Bean Meringues

Ingredients

1 ¼ cup sugar
½ tsp. salt
4 extra-large egg whites
½ tsp. vanilla extract
seeds from 1 vanilla bean

Directions

1. Combine the sugar and salt in a bowl.
2. Whisk the egg whites on medium speed in a separate bowl until they are very frothy and soft peaks begin to form.
3. Gradually add the sugar mixture to the egg whites and whip until medium peaks form.
4. Add the vanilla extract and seeds to the egg whites, increase the whisk speed to high, and whip until stiff peaks form.
5. Transfer the egg whites to a piping bag with a star or rosette tip and pipe little mounds on three parchment paper-lined Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
6. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 170° F and the cooking time to 3 ½ hrs.

Eric's Tip: Adding 2 tbsp. dark cocoa powder turns these meringues into decadent treats. Don't forget to drizzle the top with chocolate!

Salmon Jerky

SERVES 6

Ingredients

Marinade

3 tbsp. rice wine vinegar

¼ cup soy sauce

juice of 2 limes

1 tbsp. onion powder

1 tbsp. garlic powder

1 tbsp. ground ginger

2 tsp. red pepper flake

1 lb salmon, sliced thinly
across the grain

Directions

1. Combine the marinade ingredients in a bowl.
2. Marinate the salmon in the marinade for at least 8 hrs.
3. Remove the salmon from the marinade and thoroughly pat the salmon dry.
4. Divide the salmon onto three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
5. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 165° F and the cooking time to 5 hrs.

Eric's Tip: For a super-nutritious dog treat, season the salmon with just lemon juice and salt. Follow the same dehydrating instructions. You can keep these treats in the freezer and pull them out when you need them!

Pineapple Chews

SERVES 6

Ingredients

1 pineapple, peeled, cored
& sliced ¼ in. thick

1 tbsp. brown sugar

2 tsp. ground cinnamon

½ tsp. ground ginger

1 tsp. salt

Directions

1. Toss the pineapple slices with the brown sugar, cinnamon, ginger, and salt.
2. Place the pineapple slices in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 120° F and the cooking time to 12 hrs.

Eric's Tip: You can dip these pineapples in salted caramel for a super-sweet treat. I have also diced them up and used them in my grandmother's snickerdoodle recipe!

Sweet & Spicy Beef Jerky

SERVES 8

Ingredients

Marinade

1 can cola
½ tsp. Worcestershire sauce
1 tbsp. kosher salt
1 tsp. freshly ground
black pepper
½ tsp. garlic powder
2 tbsp. sriracha
2 tbsp. brown sugar

1 lb top round beef, sliced
thinly

Directions

1. Combine the marinade ingredients in a saucepan.
2. Bring the marinade to a boil.
3. Reduce the heat and let the marinade simmer for 10 mins. in the refrigerator.
4. Let the marinade cool.
5. Marinate the beef in the marinade overnight.
6. Remove the beef from the marinade and pat the beef dry.
7. Divide the meat onto the three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
8. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 165° F and the cooking time to 5 hrs.

Eric's Tip: When I'm entertaining, I like to make a savory party mix and add small diced jerky to add that sweet and salty flavor.



SERVES 2

Cheesy Broccoli Chips

Ingredients

1 head of broccoli, cut into small florets

3 tbsp. extra virgin olive oil

1 package mac and cheese powder

Directions

1. Toss the broccoli florets with the olive oil and mac and cheese powder until the broccoli is well coated.
2. Place the broccoli florets in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
3. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 130° F and the cooking time to 24 hrs.

Eric's Tip: When I'm making old-school baked mac and cheese, I'll crumble these broccoli chips and use them instead of breadcrumbs.

SERVES 4

Wasabi Green Beans

Ingredients

1 lb frozen green beans,
thawed & patted dry

1 tbsp. sesame oil

1 tsp. salt

2 tsp. wasabi powder

Directions

1. Toss the green beans with the sesame oil, salt, and wasabi.
2. Place the green beans in a single layer on the Air Flow Racks.
3. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
4. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 120° F and the cooking time to 12 hrs.

Eric's Tip: I like to crush these green beans up and use them as a breading for sautéed chicken cutlets. You can cut out the carbs while still having a crispy texture. Plus, you get that extra wasabi kick!



SERVES 2

Ranch Kale Chips

Ingredients

1 bunch kale, removed
stems & ripped into pieces
2 tbsp. extra virgin olive oil
2 tbsp. ranch seasoning

Directions

1. Place the kale in a large bowl.
2. Drizzle the olive oil over the kale and toss the kale until all the pieces are coated in the oil.
3. Sprinkle the ranch seasoning over the kale and toss the kale well to coat it in the seasoning.
4. Place the kale in a single layer on three Air Flow Racks. Place the Racks on the bottom, middle, and top shelves of the Power AirFryer Oven.
5. Press the Power Button and then the Dehydrator Button (4-hr. cooking time) and increase the cooking temperature to 125° F.

Eric's Tip: I think that chips are the most underrated sandwich condiment. I love to smash these kale chips in a nice turkey, tomato, and avocado sandwich. Who needs the bacon?

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