



Innosky Air Fryer Oven User Manual



Contents [[hide](#)]

- 1 [Innsky Air Fryer Oven](#)
- 2 [Introduction](#)
- 3 [The Benefits of Air Fryer](#)
- 4 [Airfryer – Tips & tricks](#)
- 5 [Measurement conversions](#)
- 6 [Brownies](#)
- 7 [Chimichurri Skirt Steak](#)
- 8 [Country Chicken Tenders](#)
- 9 [Courgette Stuffed with Ground Meat](#)
- 10 [Crispy Fried Spring Rolls](#)
- 11 [Crispy Potato Skin Wedges](#)
- 12 [Feta Triangles](#)
- 13 [French Fries](#)
- 14 [Garlic Mushrooms](#)
- 15 [Grilled Cheese](#)
- 16 [King Prawns in Ham with Red Pepper Dip](#)
- 17 [Korean BBQ Satay](#)
- 18 [Meatballs with Feta](#)
- 19 [Meat Loaf](#)
- 20 [Mediterranean Chicken Nuggets](#)
- 21 [Mini Empanadas with Chorizo](#)
- 22 [Mini Frankfurters in Pastry](#)
- 23 [Mini Peppers with Goat Cheese](#)
- 24 [Pork Satay with Peanut Sauce](#)
- 25 [Potatoes au Gratin](#)
- 26 [Ratatouille](#)
- 27 [Ricotta Balls with Basil](#)
- 28 [Roasted Asian Chicken Wings](#)
- 29 [Roasted Cornish Game Hen](#)
- 30 [Rösti](#)
- 31 [Roast Potatoes with Tuna](#)
- 32 [Salmon Croquettes](#)
- 33 [Salmon Quiche](#)
- 34 [Salmon with Dill Sauce](#)
- 35 [Spicy Country Fries](#)
- 36 [Spicy Drumsticks with Barbecue Marinade](#)
- 37 [Thai Fish Cakes with Mango Salsa](#)
- 38 [File Downloads](#)
- 39 [References](#)
- 40 [Related Manuals](#)

Innsky

Innsky Air Fryer Oven



Introduction

Among the newest methods of cooking, air-frying is perhaps one of the healthiest options. We all love the taste of deep fried foods, but not the calories or the mess of cooking with so much oil. The Tidy-life-Airfryer provides a new and healthy alternative to traditional deep frying. It makes fries and fried snacks deliciously crispy in a healthy way. The Tidy-life-Airfryer was created to solve this dilemma as its unique design lets you fry food with just a tablespoon or two of oil and drains excess fat from food while cooking. This recipe book features just some of the food that you will be able to cook in your Tidy-life Airfryer. From French fries to spring rolls, and if you really want to show-off your culinary talents, use the airfryer to prepare tasty tapas, snacks and even chocolate brownies! With the airfryer you turn delicious food into a healthy feast! We hope that you will enjoy using the Airfryer as many others have around the world, and the recipes inside inspire you to cook healthy, well-balanced meals



for you and your family.

The Benefits of Air Fryer

Almost all of us want to eat healthy food and spend not much time for its preparation. The health benefits are main things what the air fryer has become popular for. Convenience and ease of use are secondary benefits.

These and other benefits you can easily find below:

Less Oil – you do not need to use more than couple table-spoon of fat while cooking dishes in the air fryer. In result, you get healthier roasted food which not soaking in unhealthy fat.

Fast Preparation – it is faster to cook in the air fryer than anywhere else. This is due to high temperature air circulating inside the fryer basket. Hot air passes through the meal making it ready faster.

Easy Cooking – it is not needed to watch over your pan while frying your dinner. You just put ingredients into the fryer basket, set cooking preferences, push a couple of buttons and wait for the meals to get prepared.

Easy Cleaning – most of the air fryer details and cooking chamber are dishwasher safe. You can easily clean them either with a soapy sponge or in the dishwasher.

Various Cooking – you can not only roast with the help of air fryer. You can easily bake, grill, stew in it too!

All these advantages make the air fryer number one choice among all devices in a modern kitchen. Now that you know a little more about the air fryer it is time to cook!

Airfryer – Tips & tricks

1. When making smaller items such as fries, wings and croquettes, shake the basket once or twice during cooking. This ensures the food is cooked evenly.
2. Don't overcrowd the cooking basket. This impacts how well the air circulates around the food, increases cooking time and causes sub-optimal results.
3. Oil sprays and misters are excellent choices to evenly apply oil to food prior to cooking. They can also be used to spray the bottom of the mesh cooking basket to ensure food does not stick.
4. Preheat the Airfryer for 3 minutes. This is sufficient time for the Airfryer to reach the desired temperature.
5. To loosen any food particles that remain on the cooking basket after use, soak the cooking basket in soapy water prior to scrubbing or placing in the dishwasher.
6. When cooking foods that are naturally high in fat, such as chicken wings, occasionally empty fat from the bottom of the Airfryer during cooking to avoid excess smoke.
7. When cooking foods that have been marinated or soaked in liquid, pat food dry before cooking to avoid splattering and excess smoke.
8. For foods that require breading, coat in small batches to ensure even application. Press breading onto food to ensure it adheres. If breading is too dry, pieces may become airborne causing excess smoke or becoming trapped behind exhaust filter.
9. A variety of pre-made packaged foods can be cooked in the Airfryer. As a guide, lower the conventional oven temperature by 70 degrees and reduce the cooking time by half. Exact times and temperatures will vary by food.
10. When using parchment paper or foil, trim to leave a ½ inch space around bottom edge of the basket.
11. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Measurement conversions

Use it for accurate measuring of the necessary ingredients.

Metric to standard**Fahrenheit to Celsius****Cups to tablespoons****Oz to grams**

5 ml = 1 tsp

15 ml = 1 tbsp

30 ml = 1 fluid oz
240 ml = 1 cup

1 liter = 34 fluid oz

1 liter = 4.2 cups

1 gram = 0.035 oz

100 grams = 3.5 oz

500 grams = 1.10 lb

180 F = 80 C

270 F = 130 C

300 F = 150 C

330 F = 165 C

350 F = 180 C

400 F = 200 C

3 tsp = 1 tbsp
1/8 cup = 2 tbsp
1/4 cup = 4 tbsp1/3 cup = 5 tbsp + 1 tsp
1/2 cup = 8 tbsp3/4 cup = 12 tbsp
1 cup = 16 tbsp

8 fluid oz = 1 cup

1 pint 2 cups = 16 fluid oz

1 quart 2 pints = 4 cups

1 gallon 4 quarts = 16 cups

1 oz = 29 g

2 oz = 57 g

3 oz = 85 g

4 oz = 113 g

5 oz = 142 g

6 oz = 170 g

7 oz = 198 g

8 oz = 227 g

10 oz = 283 g

20 oz = 567 g

30 oz = 850 g

40 oz = 1133 g

Abbreviations

(V)- Delicious vegan recipes for every day

oz = ounce

fl oz = fluid ounce

tsp = teaspoon

tbsp = tablespoon

ml = milliliter

c = cup

pt = pint

qt = quart

gal = gallon

L = liter

	Min-max Amount (g)	Time (min.)	Temperature (°F)	Shake	Extra information
Potato & fries					
Thin frozen fries	300-400	18-20	400	shake	
Thick frozen fries	300-400	20-25	400	shake	
Potato gratin	500	20-25	400	shake	
Meat & Poultry					
Steak	100-500	10-15	350		
Pork chops	100-500	10-15	350		
Hamburger	100-500	10-15	350		
Sausage roll	100-500	13-15	400		
Drumsticks	100-500	25-30	350		
Chicken breast	100-500	15-20	350		
Snacks					
Spring rolls	100-400	8-10	400	shake	Use oven-ready
Frozen chicken nuggets	100-500	6-10	400	shake	Use oven-ready
Frozen fish fingers	100-400	6-10	400		Use oven-ready
Frozen bread crumbed cheese snacks	100-400	8-10	350		Use oven ready
Stuffed vegetables	100-400	10	320		
Baking					
Cake	300	20-25	320		Use baking tin
Quiche	400	20-22	350		Use baking tin/oven dish
Muffins	300	15-18	400		Use baking tin
Sweet snacks	400	20	320		Use baking tin/oven dish



Brownies

Pastry – 12 portions

15 minutes + 20 minutes airfryer

75 g pure chocolate, in pieces

75 g butter

1 large egg

60 g sugar

1 sachet vanilla sugar

40 g self-rising flour

25 g walnuts or hazelnuts, chopped

Small, low fixed-base cake tin or oven dish, (approx. 15 cm diameter) and parchment paper

1. Melt the chocolate and butter together in a thick-bottom steel pan on low heat while stirring. Allow this mixture to cool to room temperature.
2. Preheat the airfryer to 350°F.
3. In a bowl, beat the egg with the sugar, the vanilla sugar and a pinch of salt until light and creamy. Beat in the chocolate mixture and then stir in the self-rising flour and the nuts.
4. Line the cake pan with parchment paper and spread the batter in the cake pan. Smooth the top.
5. Place the cake pan in the fryer basket and slide the basket into the airfryer. Set the timer to 20-22 minutes and bake the brownie until the top is crispy. The inside should still be nice and soft.
6. Let the brownie cool in the cake pan. When cool, cut it into 12 pieces.



Chimichurri Skirt Steak

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 2

1 pound skirt steak

FOR THE CHIMICHURRI

1 cup parsley, finely chopped

¼ cup mint, finely chopped

2 tablespoons oregano, finely chopped

3 garlic cloves, finely chopped

1 teaspoon crushed red pepper

1 tablespoon ground cumin

1 teaspoon cayenne pepper

2 teaspoons smoked paprika

1 teaspoon salt

¼ teaspoon black pepper

¾ cup olive oil

3 tablespoons red wine vinegar

1. Combine the ingredients for the chimichurri in a mixing bowl. Cut the steak into 2 8-ounce portions and add to a re-sealable bag, along with ¼ cup of the chimichurri. Refrigerate for 2 hours up to 24 hours. Remove from the refrigerator 30 minutes prior to cooking.
2. Preheat the Airfryer to 400°F. Pat steak dry with a paper towel. Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare. Garnish with 2 tablespoons of chimichurri on top and serve.



Country Chicken Tenders

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 4

1 pound chicken tenders

FOR THE BREADING

3 eggs, beaten

½ cup seasoned breadcrumbs

½ cup all-purpose flour

½ teaspoon salt

1 teaspoon black pepper

2 tablespoons olive oil

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

Courgette Stuffed with Ground Meat



Main course – 2 portions snack – 4 portions 20 minutes + 20 minutes airfryer

1 large courgette (approx. 400 g)

50 g feta cheese, crumbled

1 clove garlic, crushed

½ tablespoon mild paprika powder

200 g lean ground beef

Freshly ground black pepper

Shallow bowl, diameter approx. 15 cm

1. Cut the ends off the courgette and cut it into six equal parts. Set the parts upright and carve them out with a teaspoon to 1/2 cm off the sides and 1 cm off the bottom. Sprinkle the inside with a little salt.
2. Preheat the airfryer to 350°F.
3. Mix the ground beef with the feta cheese, garlic, paprika powder and pepper to taste and mix well. Divide the ground beef into six equal portions. Fill the hollow courgette parts with ground beef and press in the mixture. Smooth the top with a moist hand.
4. Put the courgette in the bowl and place the bowl in the basket. Slide the basket into the airfryer and set the timer to 20 minutes. Bake the stuffed courgette until it is brown and done. Delicious with yellow rice and roasted cherry tomatoes.

Tips:

Roasted cherry tomatoes

Place 250 g cherry tomatoes on the vine in the basket and roast them in the airfryer for 3-4 minutes at 400°F. The tomatoes are ready when the skin breaks. Arrange one or two clusters of tomatoes on each plate next to the stuffed courgettes.

Crispy Fried Spring Rolls



Crispy Fried Spring Rolls

ACTIVE: 20 MIN | TOTAL: 25 MIN | SERVES: 4 FOR THE FILLING

4 oz. cooked chicken breast, shredded

1 celery stalk, sliced thin

1 medium carrot, sliced thin

½ cup mushrooms, sliced thin

½ teaspoon ginger, finely chopped

1 teaspoon sugar

1 teaspoon chicken stock powder

FOR THE SPRING ROLL WRAPPERS

1 egg, beaten

1 teaspoon cornstarch

8 spring roll wrappers

½ teaspoon vegetable oil

1. Make the filling. Place the shredded chicken into a bowl and mix with the celery, carrot and mushrooms. Add the ginger, sugar and chicken stock powder and stir evenly.
2. Combine the egg with the cornstarch and mix to create a thick paste; set aside. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture. Preheat the Airfryer to 400°F. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Fry in two batches, cooking each batch for 3-4 minutes or until golden brown. Serve with sweet chilli sauce or soy sauce.



Crispy Potato Skin Wedges

Crispy Potato Skin Wedges

ACTIVE: 40 MIN | TOTAL: 1 HR 40 MIN | SERVES: 4

4 medium russet potatoes

1 cup water

3 tablespoons canola oil

1 teaspoon paprika

¼ teaspoon black pepper

¼ teaspoon salt

1. Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.
2. In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the AirFryer to 400°F. Add half of the potato wedges to the cooking basket and place skin side down, being careful not to over-crowd. Cook each batch for 13-15 minutes or until golden brown.

Feta Triangles



Appetizer – 15 portions

20 minutes + 9 minutes airfryer

1 egg yolk

100 g feta

2 tablespoons flat-leafed parsley, finely chopped 1 green onion, finely sliced into rings

Freshly ground black pepper

5 sheets of frozen filo pastry, defrosted

2 tablespoons olive oil

1. Beat the egg yolk in a bowl and mix the feta, parsley and green onion; season with pepper to taste.
2. Cut each sheet of filo pastry into three strips.
3. Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry. Fold the tips of the pastry over the filling to form a triangle, fold-ing the strip zigzag until the filling is wrapped up in a triangle of pastry. Fill the other strips of pastry with feta in the same manner.
4. Preheat the airfryer to 400°F.
5. Brush the triangles with a little oil and place five triangles in the basket. Slide the basket into the airfryer and set the timer to 3-5 minutes. Bake the feta triangles until they are golden brown. Bake the other feta triangles in the same manner.
6. Serve the triangles in a platter.



French Fries

ACTIVE: 10 MIN | TOTAL: 1 HR | SERVES: 4

2 medium russet potatoes, peeled

1 tablespoon olive oil

1. Peel the potatoes and cut them into 1/2 inch by 3 inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
2. Preheat the Airfryer to 330°F. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly. Add the potatoes to the cooking basket and cook for 5 minutes, until crisp. Remove from the basket and allow to cool on a wire rack.
3. Increase the temperature of the Airfryer to 400°F and add the pre-cooked potatoes back into the basket, cooking for another 10-15 minutes or until golden brown. Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.



Garlic Mushrooms

Appetizer – 12 portions
10 minutes + 10 minutes airfryer
1 slice of white bread
1 clove garlic, crushed
1 tablespoon fl at-leafed parsley, finely chopped Freshly ground black pepper
1 tablespoon olive oil
12 (chestnut) mushrooms

1. Preheat the airfryer to 400°F.
2. Grind the slices of bread into fine crumbs in the food processor and mix in the garlic, parsley and some seasoning to taste. Lastly, stir in the olive oil.
3. Cut off the mushroom stalks and fill the caps with the bread crumbs.
4. Put the mushroom caps in the basket and slide it into the airfryer. Set the timer to 10-12 minutes. Bake the mushrooms until crispy and golden.
5. Serve the mushrooms in a platter.

Tips:

Alternatively, mix the bread crumbs with strips of ham, green onion and grated cheese.



Grilled Cheese

ACTIVE: 10 MIN | TOTAL: 15 MIN | SERVES: 2

4 slices of brioche or white bread
½ cup sharp cheddar cheese
½ cup butter, melted

1. Preheat the Airfryer to 350°F. Place cheese and butter in separate bowls. Brush the butter on each side of the 4 slices of bread. Place the cheese on 2 of the 4 pieces of bread. Put the grilled cheese together and add to the cooking basket. Cook for 4-5 minutes or until golden brown and the cheese has melted.



King Prawns in Ham with Red Pepper Dip

Appetizer – 10 portions

15 minutes + 13 minutes airfryer 1 large red bell pepper, halved

10 (frozen) king prawns, defrosted 5 slices of raw ham

1 tablespoon olive oil

1 large clove garlic, crushed

½ tablespoon paprika

Freshly ground black pepper Tapas forks

1. Preheat the airfryer to 400°F. Put the bell pepper in the basket and slide it into the airfryer. Set the timer to 10 minutes. Roast the bell pepper until the skin is slightly charred. Put the bell pepper in a bowl and cover it with a lid or cling film. Let the bell pepper rest for 15 minutes.
2. Peel the prawns, make an incision in the back and remove the black vein. Halve the slices of ham lengthwise and wrap each prawn in a slice of ham.
3. Coat the parcels with a thin film of olive oil and put them in the basket. Slide the basket into the airfryer and set the timer to 3-4 minutes. Fry the prawns until crispy and just right.
4. In the meantime, peel the skin off the bell pepper halves, remove the seeds and cut the pepper into pieces. Puree the bell pepper in the blender with the garlic, paprika and olive oil. Pour the sauce into a dish and season with salt and pepper to taste.
5. Serve the prawns in ham in a platter with tapas forks and add the small dish with red pepper dip.

Tips

Replace the red pepper dip with ready-made pepper puree, mixed with garlic. Or serve the prawns with garlic mayonnaise.



Korean BBQ Satay

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

1 pound boneless skinless chicken tenders

½ cup low sodium soy sauce

½ cup pineapple juice

¼ cup sesame oil

4 garlic cloves, chopped

4 scallions, chopped

1 tablespoon fresh ginger, grated

2 teaspoons sesame seeds, toasted

1 pinch black pepper

1. Skewer each chicken tender, trimming excess meat or fat. Combine all other ingredients in a large mixing bowl. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
2. Preheat the Airfryer to 400°F. Pat chicken completely dry with a paper towel. Add half of the skewers to the cooking basket and cook each batch for 5-7 minutes

Meatballs with Feta



Appetizer – 10 portions

10 minutes + 8 minutes airfryer

150 g lamb mince or lean minced beef

1 slice of stale white bread, turned into fine crumbs
50 g Greek feta, crumbled
1 tablespoon fresh oregano, finely chopped
½ tablespoon grated lemon peel
Freshly ground black pepper
Round, shallow oven dish, approx. 15 cm
Tapas forks

1. Preheat the airfryer to 400°F.
2. Mix the mince in a bowl with the bread crumbs, feta, oregano, lemon peel and black pepper, thoroughly kneading everything together.
3. Divide the mince into 10 equal portions and form smooth balls, using damp hands.
4. Put the balls in the oven dish and place this dish in the basket. Slide the basket into the airfryer. Set the timer to 8-10 minutes and bake the mince balls until they are nicely brown and done.
5. Serve the meatballs hot in a platter with tapas forks.

Tips:

Prick the meatballs onto a tapas fork with half a black olive and a strip of roasted bell pepper.



Meat Loaf

Main course – 4 portions
10 minutes + 25 minutes airfryer
400 g (lean) ground beef
1 egg, lightly beaten
3 tablespoons bread crumbs
50 g salami or chorizo sausage, finely chopped
1 small onion, finely chopped
1 tablespoon (fresh) thyme
Freshly ground pepper
2 mushrooms, thick slices
1 tablespoon olive oil
Fixed-bottom baking pan or round oven dish, 12 cm diameter, contents 500 ml

1. Preheat the airfryer to 400°F.
2. Mix the ground meat in a bowl with the egg, bread crumbs, salami, onion, thyme, 1 teaspoon salt and a generous amount of pepper. Knead and mix thoroughly.
3. Transfer the ground meat to the pan or dish and smoothen the top. Press in the mushrooms and coat the top with olive oil.
4. Place the pan or dish in the basket and slide the basket into the airfryer. Set the timer to 25-28 minutes and roast the meat loaf until nicely brown and done.
5. Leave the meat loaf to stand for at least 10 minutes before serving. Then cut the loaf into wedges. Tasty with fried potatoes and a salad.

Mediterranean Chicken Nuggets



Main course – 4 portions
20 minutes + 20 minutes airfryer
2 slices stale white bread, in pieces
1 tablespoon (spicy) paprika powder

1 tablespoon olive oil
250 g chicken fillet, in pieces
1 egg yolk + 2 egg whites
1 clove garlic, crushed
2 tablespoons red pesto
Freshly ground pepper
1 tablespoon flat-leafed parsley, finely chopped Food processor

1. Grind the bread with the paprika powder in the food processor until you have a crumbly mixture and mix in the olive oil. Transfer this mixture to a bowl.
2. Then purée the chicken fillet in the food processor and mix with the egg yolk, garlic, pesto, and parsley. Add ½ teaspoon salt and pepper to taste.
3. Preheat the airfryer to 400°F.
4. Whisk the egg whites in a bowl. Shape the chicken mixture into 10 balls and press them into oval nuggets. Coat the nuggets first with egg white and then with breadcrumbs. The nuggets must be coated with crumbs all over.
5. Put five nuggets in the basket and slide it into the airfryer. Set the timer to 10-12 minutes. Fry the nuggets golden brown. Then fry the remainder of the nuggets. Delicious with French fries and a fresh salad.

Tips:

You can make variations of these Mediterranean chicken nuggets. Make Italian nuggets with green pesto and 25 g Parmesan cheese, or Greek nuggets with grated lemon peel, finely chopped oregano and 25 g crumbled feta cheese



Mini Empanadas with Chorizo

Appetizer – 20 portions
20 minutes + 20 minutes airfryer
125 g chorizo, in small cubes
1 shallot, finely chopped
¼ red bell pepper, diced into small cubes
2 tablespoons parsley
200 g chilled pie crust dough (pâte brisée) or pizza dough

1. Stir the chorizo with the shallot and bell pepper in a skillet and fry on low heat for 2 to 3 minutes until the bell pepper is tender. Take off the heat and stir in the parsley. Allow the mixture to cool.
2. Preheat the airfryer to 400°F.
3. Use a glass to cut twenty 5 cm rounds from the dough. Scoop a spoonful of the chorizo mixture onto each round. Press the edges together between thumb and index finger, creating a scallop pattern.
4. Put 10 empanadas in the basket and slide the basket into the airfryer. Set the timer to 10-12 minutes and bake the empanadas until they are golden brown and done.
5. Bake the remaining empanadas in the same way. Serve the empanadas lukewarm.

Mini Frankfurters in Pastry



Appetizer – approx. 20 portions
10 minutes + 20 minutes airfryer

1 tin of mini frankfurters (drained weight 220 g, approx. 20 frankfurters)
100 g (chilled or frozen, defrosted) ready-made puff pastry
1 tablespoon fine mustard

1. Preheat the airfryer to 400°F.
2. Thoroughly drain the sausages on a layer of kitchen paper and dab them dry.
3. Cut the puff pastry into strips measuring 5 x 1½ cm and coat the strips with a thin layer of mustard.
4. Roll each sausage spirally into a strip of pastry.
5. Put half the sausages in pastry in the basket and slide the basket into the airfryer. Set the timer to 10-11 minutes. Bake the sausages in pastry until golden brown. Bake the remaining sausages in the same manner.
6. Serve the sausages in a platter accompanied by a small dish of mustard.



Mini Peppers with Goat Cheese

Appetizer – 8 portions
10 minutes + 8 minutes airfryer
8 mini or snack peppers
½ tablespoon olive oil
½ tablespoon dried Italian herbs
1 teaspoon freshly ground black pepper 100 g soft goat cheese, in eight pieces

1. Preheat the airfryer to 400°F.
2. Cut the top off the mini peppers and remove the seeds and membrane.
3. Mix the olive oil in a deep dish with the Italian herbs and the pepper. Toss the pieces of goat cheese in the oil.
4. Push a piece of goat cheese in each mini pepper and place the mini peppers next to each other in the basket. Slide the basket into the airfryer and set the timer to 8-10 minutes. Bake the mini peppers until the cheese has melted.
5. Serve the mini peppers in small dishes as appetizers or snacks

Tips:
The same method can be used to fill vine tomatoes. Hollow out the tomatoes first and leave them to drain upside down on kitchen paper.

Pork Satay with Peanut Sauce



Main course – 2-3 portions
20 minutes (+ 15 min to marinade) + 12 minutes airfryer
2 cloves garlic, crushed
2 cm fresh ginger root, grated or 1 teaspoon ginger powder 2 teaspoons chili paste or hot pepper sauce
2-3 tablespoons sweet soy sauce
2 tablespoons vegetable oil
400 g lean pork chops, in cubes of 3 cm
1 shallot, finely chopped
1 teaspoon ground coriander
200 ml coconut milk
100 g unsalted peanuts, ground

1. Mix half of the garlic in a dish with the ginger, 1 teaspoon hot pepper sauce, 1 tablespoon soy sauce, and 1 tablespoon oil. Mix the meat with the mixture and leave to marinate for 15 minutes.
2. Preheat the airfryer to 400°F.
3. Put the marinated meat in the basket and slide it into the airfryer. Set the timer to 12-14 minutes and roast the meat until brown and done. Turn once while roasting.
4. In the meantime, make the peanut sauce: heat 1 tablespoon oil in a saucepan and gently sauté the shallot with the remainder of the garlic. Add the coriander and fry for a short time more.
5. Mix the coconut milk and the peanuts with 1 teaspoon hot pepper sauce and 1 tablespoon soy sauce with the shallot mixture and gently boil for 5 minutes, while stirring. If necessary, add a little bit of water if the sauce gets too thick. Season to taste with soy sauce and hot pepper sauce.



Potatoes au Gratin

Side dish – 4 portions

10 minutes + 15 minutes airfryer

400 g slightly starchy potatoes, peeled

50 ml milk

50 ml cream

Freshly ground pepper

Nutmeg

40 g Gruyère or semi-mature cheese, grated Quiche pan, approx. 15 cm diameter, lightly oiled

1. Preheat the airfryer to 400°F. Slice the potatoes wafer-thin.
2. In a bowl, mix the milk and the cream and season to taste with salt, pepper and nutmeg. Coat the potato slices with the milk mixture.
3. Transfer the potato slices to the quiche pan and pour the rest of the cream mixture from the bowl on top of the potatoes. Distribute the cheese evenly over the potatoes.
4. Place the quiche pan in the fryer basket and slide the basket into the airfryer. Set the timer to 15-18 minutes and bake the gratin until it is nicely browned and done.
5. Serve the potatoes au gratin in squares with fish or roasts.

Tips:

- Make a variation of the gratin by replacing half of the potato slices with slices of zucchini, carrot and/or parsnip. Alternate layers of potatoes with layers of vegetable.
- Make the gratin spicier by adding one crushed clove of garlic to the cream mixture.



Ratatouille

Vegetables – 4 portions

8 minutes + 15 minutes airfryer

200 g courgette and/or aubergine

1 yellow bell pepper

2 tomatoes

1 onion, peeled

1 clove garlic, crushed

2 teaspoons dried Provençal herbs

Freshly ground black pepper

1 tablespoon olive oil

Small, round baking dish, approx. 16 cm diameter

1. Preheat the airfryer to 400°F.
2. Cut the courgette, aubergine, bell pepper, tomatoes, and onion into 2 cm cubes.
3. Mix the vegetables in a bowl with the garlic, Provençal herbs, ½ teaspoon salt and pepper to taste. Also spoon in the olive oil.
4. Put the bowl in the basket and slide the basket into the airfryer. Set the timer to 15-18 minutes and cook the ratatouille. Stir the vegetables once when cooking.
5. Serve the ratatouille with fried meat such as entrecôte, or a cutlet.



Ricotta Balls with Basil

Appetizer – 20 portions

15 minutes + 16 minutes airfryer 250 g ricotta

2 tablespoons flour

1 egg, separated

Freshly ground pepper

15 g fresh basil, finely chopped

1 tablespoon chives, finely chopped 1 tablespoon grated orange peel 3 slices of stale white bread

1 tablespoon olive oil

1. Mix the ricotta in a bowl with the flour, egg yolk, 1 teaspoon salt and freshly ground pepper. Stir the basil, chives and orange peel through the mixture.
2. Divide the mixture into 20 equal portions and shape them into balls with wet hands. Let the balls rest for a while.
3. Grind the bread slices into fine bread crumbs with the food processor and mix with the olive oil. Pour the mixture into a deep dish. Briefly beat the egg white in another deep dish.
4. Preheat the airfryer to 400°F.
5. Carefully coat the ricotta balls in the egg white and then in the bread crumbs.
6. Put 10 balls in the basket and slide the basket into the airfryer. Set the timer to 8-10 minutes. Bake the balls until golden brown. Bake the rest of the balls in the same way.
7. Serve the ricotta balls in a platter.

Tips:

Mix some freshly ground chili flakes through the ricotta mixture for spicier balls. Color the bread crumbs red in that case by adding two to three teaspoons of paprika to the olive oil

Roasted Asian Chicken Wings

Main course – 4 portions

5 minutes + 10 minutes airfryer

2 cloves garlic

2 teaspoons ginger powder

1 teaspoon ground cumin

Freshly ground black pepper

500 g chicken wings at room temperature 100 ml sweet chili sauce

1. Preheat the airfryer to 350°F.
2. Mix the garlic with the ginger powder, cumin, plenty of freshly ground black pepper and some salt. Rub the chicken wings with the herbs.
3. Put the chicken wings in the basket and slide it into the airfryer. Set the timer to 10-12 minutes and roast the chicken wings until they are crispy brown.
4. Serve the chicken wings with the chili sauce as a main course or a snack.

Tips:

- Serve the chicken wings as a main course with stir-fried noodles and pak choi. Boil 250 g noodles until al dente. Stir-fry 3 green onions and 1 bunch of pak choi cut in broad strips in a wok with 2 tablespoons of oil for 2-3 minutes. Spoon in the noodles and season to taste with soy sauce.
- The chicken wings are also very tasty as a snack.

Roasted Cornish Game Hen

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

1 cornish hen (approximately 2 pounds)

FOR THE MARINADE

½ cup olive oil

¼ teaspoon crushed red pepper flakes

1 teaspoon chopped thyme

1 teaspoon chopped rosemary

¼ teaspoon salt

¼ teaspoon sugar

zest of 1 lemon

1. Set the Cornish hen upright on a cutting board and with the back of the hen facing you, use a boning knife or a chef 's knife to cut from the top of the back bone to the bottom of the back bone, making 2 cuts. Remove the back bone. Split the hen lengthwise, cutting through the breastplate. Take the two halves of the hen and set them aside.
2. In a mixing bowl combine all ingredients for the marinade, then add the hens. Refrigerate for 1 hour up to 24 hours.
3. Preheat the Airfryer to 400°F. Remove the hens from the marinade, draining any additional liquid with a strainer. Pat dry with a paper towel. Add the hens to the cooking basket and cook for 14-16 minutes or until the leg is at an internal temperature of 165°F.

Rösti



Appetizer – 4 portions

10 minutes + 15 minutes airfryer 250 g waxy potatoes, peeled

1 tablespoon chives, finely chopped Freshly ground black pepper

1 tablespoon olive oil

2 tablespoons sour cream

100 g smoked salmon

1. Preheat the airfryer to 350°F. Coarsely grate the potatoes into a bowl and add three-quarters of the chives and salt and pepper to taste. Mix well.
2. Grease a pizza pan with olive oil and distribute the potato mixture evenly in the pan. Press the grated potatoes into the pan and brush the top of the potato cake with olive oil.
3. Place the pizza pan in the fryer basket and slide the basket into the airfry-er. Set the timer to 15-18 minutes and fry the rösti until it is nicely browned on the outside and soft and done on the inside.
4. Cut the rösti into 4 quarters and place each quarter on a plate. Garnish with a spoonful of sour cream and put the slices of salmon on the plate next to the rösti. Sprinkle the rest of the chives over the sour cream and add a touch of ground pepper.

Tips:

The rösti is also delicious as a side dish for 2 persons. As a side dish, add 25 grams of ham strips to the grated potato.



Roast Potatoes with Tuna

Main course – 2 portions

10 minutes + 30 minutes airfryer

4 starchy potatoes, approximately 125 g each ½ tablespoon olive oil

1 can of tuna in oil, drained
2 tablespoons (Greek) yoghurt
1 teaspoon chili powder
1 green onion, finely sliced into rings Freshly ground black pepper
1 tablespoon capers

1. Preheat the airfryer to 350°F. Soak the potatoes for at least 30 minutes and pat them dry with kitchen paper.
2. Lightly brush the potatoes with olive oil and place them in the fryer basket. Slide the basket into the airfryer and set the timer to 30 minutes to fry the potatoes until they are deliciously crunchy and done.
3. In a bowl, finely mash the tuna and add the yoghurt and chili powder. Mix well. Stir in half of the green onion and season to taste with salt and pepper.
4. Place the potatoes on two plates and cut the top side lengthwise. Slight-ly push the potato open and spoon the tuna mixture onto the open potato. Sprinkle the filling with chili powder and spoon the capers and the rest of the green onion on top. Delicious with a fresh salad.

Tips:
Serve the roast potatoes as a side dish with a pat of butter or a spoonful of sour cream on top. Sprinkle with coarse sea salt and pepper to taste.



Salmon Croquettes

Appetizer – 8 portions
10 minutes + 7 minutes airfryer
1 tin of red salmon (approx. 200 g), drained 1 egg, lightly beaten
1 tablespoon fresh dill, finely chopped
2 tablespoons chives, finely chopped Freshly ground pepper
50 g bread crumbs
2 tablespoons vegetable oil

1. Preheat the airfryer to 400°F.
2. With a fork, mash up the salmon in a deep dish and mix it with the egg and herbs. Season the mixture to taste with pepper and salt.
3. Mix the bread crumbs with the oil in another deep dish until you obtain a loose mixture.
4. Shape the salmon mixture into eight small croquettes and coat them in the bread crumb mixture.
5. Put the croquettes in the basket and slide the basket into the airfryer. Set the timer to 7-10 minutes and bake the croquettes until golden brown.



Salmon Quiche

Main course – 2 portions
15 minutes + 20 minutes airfryer
150 g salmon fillet, cut into small cubes
½ tablespoon lemon juice
Freshly ground black pepper
100 g flour
50 g cold butter, in cubes
2 eggs + 1 egg yolk
3 tablespoons whipping cream
½ tablespoon (tarragon) mustard
1 green onion, sliced into 1 cm pieces

Small, low quiche pan, approx. 15 cm diameter, buttered

1. Preheat the airfryer to 350°F. Mix the salmon pieces with the lemon juice and salt and pepper to taste. Allow the salmon to rest.
2. In a bowl, mix the flour with the butter, egg yolk and ½-1 tablespoon cold water and knead into a smooth ball.
3. On a floured work surface, roll out the dough to an 18 cm round.
4. Put the dough round in the quiche pan and press firmly along the edges. Trim the dough closely along the edge of the pan or allow the dough to stick out roughly over the edges of the pan.
5. Beat the eggs lightly with the cream and mustard and add salt and pepper to taste. Pour this mixture into the quiche pan and then lay the pieces of salmon in the pan. Distribute the green onion evenly over the contents of the quiche pan.
6. Place the quiche pan in the fryer basket and slide the basket into the airfryer. Set the timer to 20-22 minutes and bake the quiche until golden brown and done.

Salmon with Dill Sauce



ACTIVE: 15 MIN | TOTAL: 25 MIN | SERVES: 2 FOR THE SALMON

12 ounces salmon

2 teaspoons olive oil

1 pinch salt

FOR THE DILL SAUCE

½ cup non-fat greek yogurt

½ cup sour cream

1 pinch salt

2 tablespoons dill, finely chopped

1. Preheat the Airfryer to 270°F. Cut the salmon into two 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece. Season with a pinch of salt. Place the salmon into the cooking basket and cook for 15-17 minutes.
2. Make the dill sauce. In a mixing bowl combine the yogurt, sour cream, chopped dill and salt. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.

Spicy Country Fries



Side dish – 4 portions

10 minutes + 20 minutes airfryer

800 g waxy potatoes

2 small, dried chillies or 1 heaped teaspoon freshly ground, dried chili flakes

½ tablespoon freshly ground black pepper 1 tablespoon olive oil

½ tablespoon curry powder

1. Preheat the airfryer to 350°C.
2. Scrub the potatoes clean under running water. Cut them lengthwise into 1½ cm strips.
3. Soak the fries in water for at least 30 minutes. Drain them thoroughly and then pat them dry with kitchen paper.
4. Crush the chillies very finely (in a mortar) and mix them in a bowl with the olive oil, pepper and curry powder. Coat the fries with this mixture.
5. Transfer the fries to the fryer basket and slide the basket into the airfryer. Set the timer to 20-22 minutes and fry the fries until they are

- golden brown and done. Turn them every now and again.
6. Serve the fries in a platter and sprinkle with salt. Delicious with steak.



Spicy Drumsticks with Barbecue Marinade

Main course – 4 portions

5 minutes (+ 20 min to marinade) + 20 minutes airfryer 1 clove garlic, crushed

½ tablespoon mustard

2 teaspoons brown sugar

1 teaspoon chili powder

Freshly ground black pepper

1 tablespoon olive oil

4 drumsticks

1. Preheat the airfryer to 400°F.
2. Mix the garlic with the mustard, brown sugar, chili powder, a pinch of salt and freshly ground pepper to taste. Mix with the oil.
3. Rub the drumsticks completely with the marinade and leave to marinate for 20 minutes.
4. Put the drumsticks in the basket and slide the basket into the airfryer. Set the timer to 10-12 minutes. Roast the drumsticks until brown.
5. Then lower the temperature to 300°F and roast the drumsticks for another 10 minutes until done.
6. Serve the drumsticks with corn salad and French bread.

Tips:

Corn Salad

Serve the drumsticks with a refreshing corn salad. Drain a can of corn kernels

(300 gram). Cut four tomatoes into four sections and remove the seeds. Cut the flesh of the tomatoes into cubes. Mix the corn with the tomato cubes, 1 finely sliced green onion, the juice of half a lime, 2 tablespoons fresh, coarsely chopped coriander, and some salt and freshly ground chili pepper to taste.

Chicken legs This marinade is also great for chicken legs. You can roast two chicken legs at a time in the airfryer, first 10 minutes at 400°F and then 20 minutes at 300°F.

Thai Fish Cakes with Mango Salsa



Main course – 4 portions

20 minutes + 14 minutes airfryer

1 ripe mango

1½ teaspoons red chili paste

3 tablespoons fresh coriander or flat leaf parsley Juice and zest of 1 lime

500 g white fish fillet (cod, tilapia, pangasius, pollack) 1 egg

1 green onion, finely chopped

50 g ground coconut

Food processor

1. Peel the mango and cut it into small cubes. Mix the mango cubes in a bowl with ½ teaspoon red chili paste, 1 tablespoon coriander and the juice and zest of half a lime.
2. Purée the fish in the food processor and then mix with 1 egg and 1 teaspoon salt and the remainder of the lime zest, red chili paste and the

lime juice. Mix with the remainder of the coriander, the green onion and 2 tablespoons coconut.

- Put the remainder of the coconut on a soup plate. Divide the fish mixture into 12 portions, shape them into round cakes and coat them with the coconut.
- Place six fish cakes in the basket and slide it into the airfryer at 350°F. Set the timer to 7-9 minutes and fry the fish cakes until they are golden brown and done. Fry the remainder of the fish cakes in the same way.
- Serve the fish cakes with the mango salsa. Tasty with pandan rice and stir-fried pak choi.

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