

AIR FRYER TIMES & TEMPS



VEGETABLES

| | TEMP | TIME | OIL | NOTES |
|------------------------|-------------|------------|-----------------|--|
| PUMPKIN FRIES | 200°C/400°F | 15 MINUTES | NO | SHAKE HALFWAY THROUGH |
| VEGGIE FRIES | 180°C/360°F | 18 MINUTES | 2TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| BROCCOLI CHEESE QUICHE | 180°C/360°F | 20 MINUTES | NO | STEAM THE VEGETABLES FIRST |
| MIXED VEGETABLES | 180°C/360°F | 20 MINUTES | 4TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| CAULIFLOWER BITES | 180°C/360°F | 20 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| VEGAN BALLS | 180°C/360°F | 20 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| CAULIFLOWER BURGERS | 180°C/360°F | 20 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| GARLIC MUSHROOMS | 180°C/360°F | 10 MINUTES | 1TBSP OLIVE OIL | FOLLOW THE SAME RECIPE FOR ALL BREADED VEGGIES |



POTATOES

| | TEMP | TIME | OIL | NOTES |
|----------------------|-------------|------------|-----------------|-----------------------------------|
| FRENCH FRIES | 180°C/360°F | 25 MINUTES | 4TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| BACON & CHEESE FRIES | 180°C/360°F | 17 MINUTES | 2TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| CURLY FRIES | 180°C/360°F | 15 MINUTES | 2TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| SWEET POTATO FRIES | 180°C/360°F | 15 MINUTES | 3TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| ROASTED POTATOES | 180°C/360°F | 12 MINUTES | 2TBSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| JACKET POTATOES | 180°C/360°F | 20 MINUTES | OIL FREE | USE FOR ALL JACKET POTATO RECIPES |



MEATS

| | TEMP | TIME | OIL | NOTES |
|----------------------------|-------------|------------|-----------------|--|
| CHICKEN BREAST (MEDIUM) | 180°C/360°F | 20 MINUTES | 1TBSP OLIVE OIL | WRAP IN SILVER FOIL |
| WHOLE CHICKEN (SMALL) | 180°C/360°F | 40 MINUTES | 2TBSP OLIVE OIL | TURN OVER HALFWAY THROUGH |
| CHICKEN DRUMSTICKS (6) | 200°C/400°F | 20 MINUTES | 2TBSP OLIVE OIL | SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING |
| CHICKEN THIGHS BONE-IN (4) | 180°C/360°F | 20 MINUTES | 2TBSP OLIVE OIL | SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING |
| CHICKEN WINGS (16 PARTS) | 180°C/360°F | 15 MINUTES | 4TBSP OLIVE OIL | SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING |
| CHICKEN LEGS (4) | 180°C/360°F | 20 MINUTES | 2TBSP OLIVE OIL | SEASON AND RUB OIL INTO THE SKIN BEFORE COOKING |
| CHICKEN BREASTS (BREADED) | 180°C/360°F | 15 MINUTES | OIL FREE | COOK IN THE AIRFRYER BAKING PAN |
| CHICKEN KABOBS | 180°C/360°F | 9 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| CHICKEN & POTATOES | 180°C/360°F | 15 MINUTES | 3TBSP OLIVE OIL | TURN OVER HALFWAY THROUGH |
| CHICKEN BURGERS | 180°C/360°F | 30 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| CHICKEN POT PIE | 180°C/360°F | 15 MINUTES | OIL FREE | CAN BE USED FOR ANY MEAT OR FISH OR VEGETABLES |
| MEATBALLS (12) | 180°C/360°F | 12 MINUTES | OIL FREE | COOK IN THE AIRFRYER BAKING PAN |
| PORK LOIN (MEDIUM) | 180°C/360°F | 45 MINUTES | 4TBSP OLIVE OIL | TURN OVER HALFWAY THROUGH |
| BACON SLICES (6) | 180°C/360°F | 5 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| SAUSAGES OR BRATWURST (6) | 180°C/360°F | 12 MINUTES | OIL FREE | CAN MAKE THE KITCHEN SMOKEY FROM THE SAUSAGE FAT |
| PORK CHOPS | 180°C/360°F | 10 MINUTES | 3TBSP OLIVE OIL | COOKS BEST IN THE AIRFRYER GRILL PAN |
| HAMBURGERS (4) | 180°C/360°F | 18 MINUTES | OIL FREE | COOKS BEST IN THE AIRFRYER GRILL PAN |
| SIRLOIN STEAK | 200°C/400°F | 10 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| STEAK & CHIPS | 180°C/360°F | 28 MINUTES | 3TBSP GHEE | SHAKE HALFWAY THROUGH |



FISH

| | TEMP | TIME | OIL | NOTES |
|----------------|-------------|------------|----------|---------------------------|
| FISH FILLETS | 200°C/400°F | 10 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| FISH STICKS | 200°C/400°F | 8 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| SALMON FILLET | 190°C/380°F | 12 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| TUNA STEAK | 190°C/380°F | 8 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| FISH PATTIES | 180°C/360°F | 15 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| BREADED SHRIMP | 180°C/360°F | 8 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| SHRIMP | 180°C/360°F | 5 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| CALAMARI | 180°C/360°F | 8 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |



BAKERY ITEMS

| | TEMP | TIME | OIL | NOTES |
|---------------|-------------|------------|----------------|---|
| MUFFINS (6) | 180°C/360°F | 20 MINUTES | OIL FREE | USE FOR ALL MUFFINS |
| CAKE IN A CUP | 180°C/360°F | 15 MINUTES | OIL FREE | USE FOR ALL MUG CAKES |
| BANANA BREAD | 180°C/360°F | 25 MINUTES | OIL FREE | FOLLOW THIS FOR ANY FRUITY BREAD |
| DONUTS | 180°C/360°F | 15 MINUTES | OIL FREE | FOLLOW THIS FOR ANY LARGE DOUGH |
| CUPCAKES | 180°C/360°F | 8 MINUTES | OIL FREE | PERFECT FOR ALL CUPCAKE BATTERS |
| FRUIT CRUMBLE | 180°C/360°F | 15 MINUTES | OIL FREE | PERFECT FOR ALL FRUITY CRUMBLES OR PIES |
| APPLE CHIPS | 180°C/360°F | 10 MINUTES | 1TSP OLIVE OIL | SHAKE HALFWAY THROUGH |
| COOKIES | 180°C/360°F | 10 MINUTES | OIL FREE | PERFECT FOR ALL SOFT COOKIE RECIPES |



FAST FOOD

| | TEMP | TIME | OIL | NOTES |
|---------------------------|--------------------|-------------------|-----------------|--------------------------------------|
| ONION RINGS | 180°C/360°F | 8 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| CHICKEN NUGGETS | 180°C/360°F | 10 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| MOZZARELLA STICKS | 180°C/360°F | 3 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| CHICKEN SCHNITZELS | 180°C/360°F | 12MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |
| CHICKEN TENDERS | 180°C/360°F | 15 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| PIZZA | 180°C/360°F | 8 MINUTES | OIL FREE | PERFECT FOR ALL PIZZA RECIPES |
| FISH & CHIPS | 180°C/360°F | 15 MINUTES | OIL FREE | SHAKE HALFWAY THROUGH |
| BURGERS | 180°C/360°F | 16 MINUTES | OIL FREE | TURN OVER HALFWAY THROUGH |

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