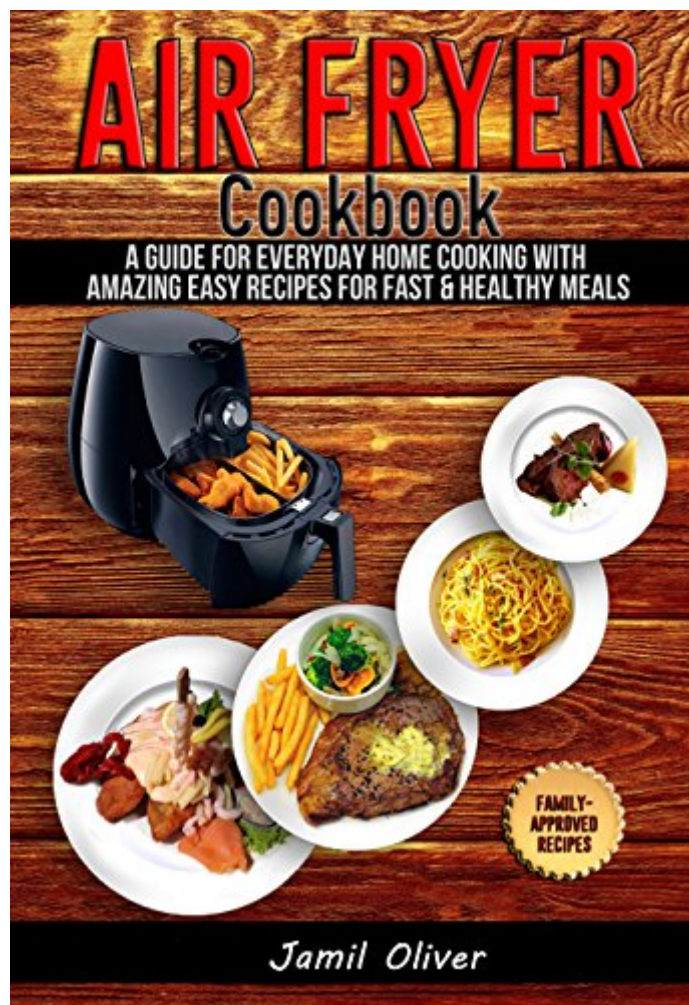


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# Air Fryer Cookbook. A Guide For Everyday Home Cooking With Amazing Easy Recipes For Fast & Healthy Meals(Air Fryer Recipes, Paleo, Vegan, Instant Meal, Pot, Clean Eating)





## Synopsis

The Ultimate Guide To Air Fryer – discover that there is a lot more than just cooking fries in your Air Fryer and that there is a huge baking world out there. Read this illustrated book for FREE on Kindle Unlimited - Download Now! Using hot air circulating with the help of a fan to cook food at high temperatures, leaving them with crisp outsides but tender and juicy insides, air fryers are a device that any modern kitchen should have. Not only does it cut down the cooking time – adjusting seamlessly into the busy modern lifestyle – it also manages to take only the good sides of frying – the deliciousness and sheer joy of having fried food – and makes it healthier. A device with multiple purposes that can be basically used by anyone, with or without cooking skills, this appliance has become very popular. And considering this popularity, it is a great idea to know what recipes you can try in your fancy new air fryer. So read ahead and find out the answers to some of your questions about this culinary dream device. What is an air fryer and how to select a good quality one? Methods and importance of using air fryers. Low fat food recipes for air fryers. High fat food recipes for air fryers. So, wait no longer and jump right in. Read this book to find out the 90 delicious recipes that will make your investment in air fryers worth the investment. Download your copy today! © 2017 All Rights Reserved !

## Book Information

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## Customer Reviews

Thank you for sharing recipes. I used nonstick pan to fry but will try your way as I am still new to Airflyer. I often add in some 5 spice powder, cooking wine to the meat when marinating them. Just before done, I will brush some more honey onto the Char Siu. My grandson especially loves when I make him what he calls potato spaghetti. I cut my potatoes using my spiral cutter and cook them in the fryer with a bit of oil and seasoning. So good.

I prepared, according to the recipe for the book, the dish "airfryer chicken ...". And I liked it. But I want to supplement this recipe somewhat. I think you place more than three chicken thighs in the basket. I've found that once the outside gets crisped, it doesn't matter how the food is stacked you don't have to fuff around with placing it correctly because the hot air will cook it evenly. I offer all cooks when cooking in airfryer, shake the whole goat whole, even if the pan is full of wings. Shake 2-3 times during cooking.

I got an air fryer, probably about six months ago, and I could not live without one now. I really like how you can cook multiple things without using oil, which of course makes it healthier. I was looking forward to receiving this cookbook to try and find some more ideas. The recipes are very good and easy. I won't be looking for any other air fryer cookbook now that I found this one.

The recipes are well set out and easy to follow. I am not very good at doing things on the machine yet as have not been well but I will get there. It helps me to understand and learn how to utilize my new Air Fryer much better without worrying about calorie intake and the negative sides of taking fried food. I appreciate the way recipes are neatly put into meal categories which make it easy for me to reach for any suitable recipe at any time. Many pleasant surprises from my family after trying out the recipes!

The air fryer is a game changer you can cook your favorite fried foods and reduce calories to a percent of what they would be when cooked in a conventional frying device. In this book, you will discover new and somewhat familiar recipes to get you inspired and cooking. This is a complete

book of air fry. I found it easy to follow and results are great. The author even use pictures to illustrate the recipes, which is a real plus to the book, I recommend this book to everyone.

Excellent cookbook! In this book we will get delicious, easy to make recipes which can help us with our cooking. Both low and high fat meals, the directions are easy to follow and once we get into it, we can also experiment with our own recipes. Not only that, but there's also nutritional information available so we can count our calories and macronutrients.

A really nice simple recipes for the every day family and two person house hold. This book is a good addition to my 'air-frying' recipes collection.

can't say much--it was just ok

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