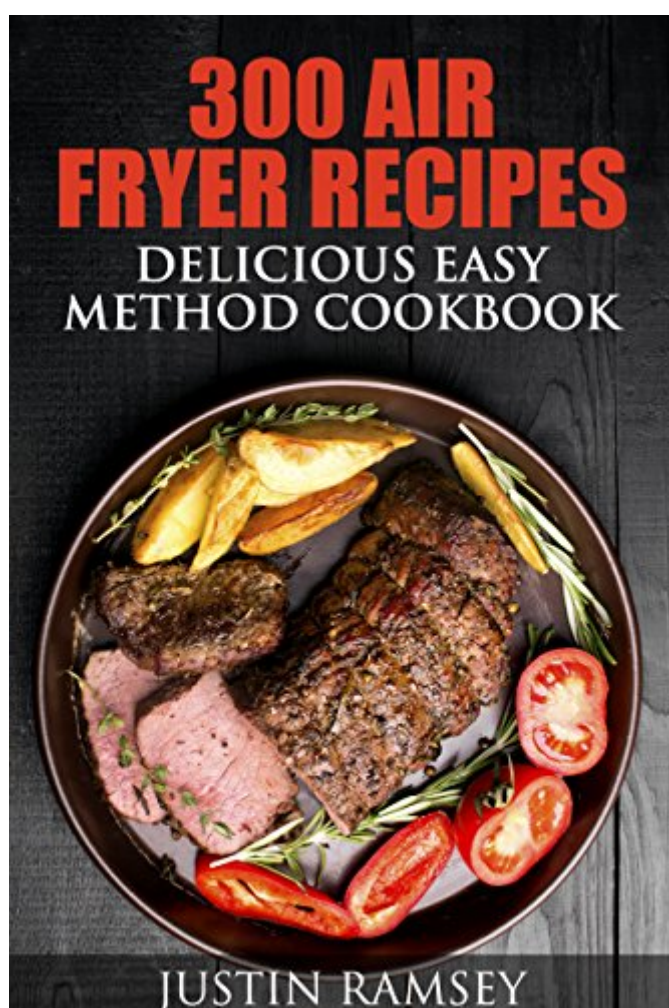


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# 300 AIR FRYER RECIPES: DELICIOUS EASY METHOD COOKBOOK (Simple And Easy AIR FRYER RECIPES And COOKBOOK)



## Synopsis

\*BONUS Freebie! My Food Hacks Book download inside Great Value 300 Air Fryer Recipe Cookbook! This book aims to provide amazing value for readers as it contains a huge range of tasty, healthy and quality meals to make at home. It encompasses meal ideas from different cuisines (Western, European, Asian and more..) and has a large range of breakfast, side dishes, mains and dessert recipes. This is your complete ALL IN ONE RESOURCE for Air Frying! Cook classic fried foods the family will love without the guilt! Say goodbye to deep frying and saturated fats! The Air Fryer recipes in this huge book will replicate the flavor and texture of fried food without compromising your health. You will reap savings in money as well as gain in overall wellbeing for your family. Take advantage of your Air Fryer's features and abilities. Get to understand your appliance and the range of cooking techniques that can be done! The recipes in this book aim to maximize the Air Fryer's utility in creating simple to more complex meals. Be inspired to try new dishes! This book assumes that the reader has no prior experience and provides simple, easy to follow recipe instructions. Even if you are new to Air Frying or even to cooking, you will pick it up in no time! Here is a snippet of our huge list of recipes:

Breakfast  
FRENCH TOAST  
SOLDIERS  
MUSHROOM AND FETA FRITTATA  
OATMEAL MUFFINS  
POTATO ROSTIRAREBIT  
WITH FRIED EGG  
SCRAMBLED EGG  
THAI STYLE OMELETTE  
APPLE OAT FRITTERS  
BAKED EGGS  
BREAKFAST FRITTATA  
CHEESY BACON CROQUETTE  
CORN FRITTERS  
Sides  
BACON PAPRIKA POTATOES  
BAKED ZUCCHINI FRIES  
BROCCOLI TOTS  
CAULIFLOWER BITES  
CHEESY GARLIC BREAD  
CURRIED VEGETABLE SAMOSA  
FETA WEDGES  
FRENCH FRIES  
GARLIC AND WHITE WINE MUSHROOMS  
JAPANESE ASPARAGUS FRIES  
ONION RINGS  
PARMESAN ZUCCHINI CHIPS  
POTATO GRATIN  
ROAST WINTER VEGETABLES  
SEEDED BROWN LOAF  
Snacks  
BUFFALO CHICKEN EGG ROLL  
SICILIAN SHRIMP  
CHEESE CORN AND SPINACH SQUARES  
CHILEAN FRIED CALZONES  
CHILI TUNA PUFFS  
SCHORIZO EMPANADES  
CORN DOG  
SCRAB AND FENNEL WONTONS  
CRISP SPICY TUNA SUSHI  
CRISPY BOCCONCINI WITH CHILI SAUCE  
CRUMBED CHICKEN STRIPS  
FRIED CALAMARI  
HOMEMADE NACHOS  
JALAPENO BITES  
JERK CHICKEN WINGS  
KALE CHIPS  
LASAGNA CUPCAKES  
MACARONI AND CHEESE ROUNDS  
PORK FRIES  
PRAWN AND PORK NOODLE BALLS  
SESAME PRAWN TOAST  
TAIWANESE POPCORN  
CHICKEN  
VEGETABLE SPRING ROLLS  
Main Meals  
BEEF STROGANOFF  
BLACK BEAN VEGGIE BURGERS  
CARMEL APPLE PORK CHOPS  
SCHAR SIEW PORK  
CHINESE BRAISED PORK BELLY  
CHIPOTLE CHICKEN  
DIJONAISE SALMON  
FRIED QUAIL WITH SPICY SALT  
HONEY MUSTARD CHICKEN  
LEMONGRASS BEEF  
MUSHROOM AND PEPPERONI PIZZA  
POTATO CRUSTED BEEF

TENDERS ROASTED CORNISH GAME HEN ROASTED MACADAMIA LAMBSNAPPER WITH  
ASIAN DRESSING SOBA SALMON NOODLE SPINACH AND FETA PI THAI BASIL  
CHICKEN TOMATO AND CHICKEN PASTA TURKEY CHEESE BURGER MEAT LOAF ZUCCHINI  
AND PEPPER RISOTTO Desserts and Sweets BAKED ALASKA BANANA AND RHUBARB  
SLICE BLUEBERRY MUFFINS CHOCOLATE CAKE CINNAMON DOUGHNUTS CRUNCHY  
SNICKERS FRIED CHOC CHIP COOKIE DOUGH FRUIT CAKE LEMON CREAM CHEESE  
BARS MARBLE CAKE MATCHA ALMOND COOKIES SPANDAN CHIFFON CAKE VANILLA  
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## Book Information

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## Customer Reviews

This book is great and is perfect for me because it contains good, basic, extremely simple recipes.

Air Fryer is one of the latest kitchen inventions that allow you to cook without having to use the  
stove or oven. It is a very easy process and foods are very healthy too. With air fryers, you

won't have to add extra oil to the food, which means less oil to clean up. The directions are

easy to follow and there are dishes you can prepare ahead. Great job!

I've had the delight of testing my new air fryer at home. The whole concept is a bit of a contradiction as the idea of frying is to use unreasonable amounts of oil to achieve massive crunch. So yes, I was very skeptical about the results. That is, until I actually used it. Anyway, I had fun with this recipe book, I can't even believe that some of the recipes listed can be done with this tool that I have. I've just become a bit obsessed preparing all these good food found in this book. Great find.

This book has a massive amount of great recipes that anyone with an Air Fryer should definitely get. I like the way the recipes are broken down into categories, such as, breakfast, main meals, desserts etc. So glad I have this book a chance, it has opened my eyes to a wider range of meal options.

The recipe booklet that came with my air fryer was a joke. That's why I bought this book just to find out it is not much better. Thumbing through the book I noticed inaccuracies, omissions, and outright mistakes indicating that the recipes were hastily put together without much thought. There is no mention of how many servings each recipe yields. For instance among the breakfast items is a Potato Rosti that starts with 5 lb of potatoes (page 29). For this same recipe one first preheats the air fryer (which usually take 2-3 minutes) and then peels the potatoes, grates them, form patties and then put them in the air fryer. All 5 lb of patties at once on top of each other does not make sense to me but the recipe does not say to do it in patches. In two more recipes one preheats the air fryer and then marinates the fish for one hour (pages 221 and 256). The author acknowledges that there are many air fryer models out there and in addition to the basket they may come with a tray and baking dish. Some recipes in this book also require ramekins, silicone cupcake molds, oven safe dish or bowl (without mentioning size), small loaf baking tray that holds 2 lb of ground turkey, 1 cup of breadcrumbs, 1 cup of milk, 3/4 lb of cheese among other ingredients (page 201). This is just one example where I am at a loss of what container to use. Also, many recipes use hard to find ingredients like: Galangal (page 210), Soba Noodles (page 261), Maida Flour (page 146), Taros (page 185), Shaoxing wine (page 251), Hung curd (page 269) and so forth. The book does not have an index and the table of content lists breakfast, sides, snacks, main meals, and desserts & sweets with the recipes in no particular order. I tried two recipes: french fries and crumbed chicken strips. For the french fries one cuts the potatoes in thin even strips. No size was given so I cut 1/4 inch strips and exactly followed the recipe. The last step is 12 minutes in the air fryer at

390°F. Luckily, I checked after 9 minutes and the fries were already very well done. Chicken breast cut into strips (no size or how many strips) is marinated and coated with egg whites and breadcrumbs. According to the recipes the coated strips should be fried in the tray for 12 minutes in the preheated air fryer at 350°F, turned over and fried for 10 more minutes. After the first 12 minutes I checked the temperature of the 3/4 inch wide chicken strips which was already 185°F. (Chicken breast is done at 170°F). Thus, I omitted the next ten minutes of frying. Since it was not turned the chicken was soggy on the bottom and dried out on top. It was also dry inside and very chewy. Frying it another 10 minutes would have been burned it completely. An aside: The ingredients list a pinch of salt but the instructions do not state when or where to add it. I left it out and the soy sauce marinated chicken was salty enough. If you want to use this book be prepared to figure out the frying times by trial and error and the same goes for the size of cuts of the ingredients.

This rating reflects that this cookbook came quickly, and is in pristine shape. That said....Where I'm sure some of these recipes are delicious, I wish the seller had given some examples. I purchased this to go with a Christmas present, but none are the type that a single fireman has the time or inclination to make. He is a meat & potatoes kind of guy. I got the air fryer because it's light weight, cooks quickly, and if a call comes in before the food is done, the Air Fryer shuts off, but keeps the food warm until he returns to Station. These recipes are definitely NOT something he would eat....

Recipes are a plenty but with no pictures I doubt it will get used in our house, we like photographs that entice.

Nice, detailed recipes. I have enough choices that will make me seem like a serious cook! The ONLY drawback that I find is that I have to read through recipe titles because there isn't a page/pages that separate varieties like meats/fish, veggie choices like broccoli/cabbage etc. like most paper cookbooks have.

i am just getting to know about air fryer through this book. it contains a complete guide to using using a air fryer with recipes instructions and its benefits for first time users like me.

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AIR FRYER COOKBOOK: 135 AMAZINGLY DELICIOUS QUICK & EASY AIR FRYER RECIPES (air fryer healthy recipes, air fryer paleo, air fryer ultimate, air fryer gluten free, air fryer ketogenic)

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