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DUAL AIR

Recipe booklet and cooking chart



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Air Fry Chart

Ingredient	Amount	Oil	Temperature	Cooking time
Vegetables				
Asparagus	200 g Whole, trimmed	2 tsp	200 °C	8–12 mins
Bell peppers	2 peppers Whole	None	200 °C	16 mins
Broccoli	1 head (400 g) Cut into 2.5 cm florets	1 tbsp	200 °C	9 mins
Butternut squash	500 g–750 g Cut into 2.5 cm pieces	1 tbsp	200 °C	20–25 mins
Carrots	500 g Peel and cut into 1.5 cm pieces	1 tbsp	200 °C	13–16 mins
Cauliflower	1 head (900 g) Cut into 2.5 cm florets	2 tbsp	200 °C	15–20 mins
Corn on the cob	4 cobs Whole ears, remove husks	1 tbsp	200 °C	12–15 mins
Courgette	500 g Cut into quarters lengthwise, then cut into 2.5 cm pieces	1 tbsp	200 °C	15–18 mins
Green beans	200 g Trim stems	1 tbsp	200 °C	8 mins
Kale	100 g Tear in pieces, remove stems	None	150 °C	8 mins
Mushrooms	225 g Cut into quarters	1 tbsp	200 °C	7 mins

White potatoes	750 g Cut into 2.5 cm wedges	1 tbsp	200 °C	18–20 mins
	450 g Cut into thin fries	1–3 tbsp	200 °C	20–24 mins
	450 g Cut into thick chips	1–3 tbsp	200 °C	23–26 mins
	4 potatoes Whole, pierce with fork	None	200 °C	25 mins
Sweet potatoes	750 g Cut into 2.5 cm chunks	1 tbsp	200 °C	15–20 mins
	4 potatoes Whole, pierce with fork	None	200 °C	30–35 mins
Chicken				
Chicken breasts	2 boneless breasts	Brush with oil	200 °C	20–25 mins
	4 boneless breasts	Brush with oil	200 °C	30–35 mins
Chicken thighs	4 bone-in thighs	Brush with oil	200 °C	22–28 mins
	4 boneless thighs	Brush with oil	200 °C	18–22 mins
Chicken wings	1 kg bone-in wings	1 tbsp	200 °C	33 mins
Beef				
Burgers	4 quarter pounders 2.5 cm thick	None	190 °C	12 mins
Steaks	2 x 200 g sirloin 1.5 cm–2.5 cm thick	None	200 °C	Rare: 9–10 mins Medium rare: 10–12 mins Well done: 18–20 mins

Pork				
Bacon	4 strips Cut in half	None	180 °C	9 mins
Pork chops	2 bone-in chops	Brush with oil	200 °C	15–18 mins
	4 boneless chops	Brush with oil	200 °C	14–17 mins
Sausages	4 sausages	Brush with oil	200 °C	16 mins
Lamb				
Lamb chops	4 chops (340 g)	Brush with oil	200 °C	12 mins
Fish & Seafood				
Salmon fillets	2 fillets	Brush with oil	200 °C	10–13 mins
Prawns	16 large, whole and peeled	1 tbsp	200 °C	7–10 mins
Frozen				
Chicken nuggets	1 box (397 g)	None	200 °C	16 mins
Chicken goujons	11	None	190 °C	8 mins
Fish fillets	4 fillets (500 g)	None	200 °C	14–16 mins
Fish fillets in batter	4 fillets Turn halfway through cooking	None	180 °C	18 mins
Fish fingers	10	None	200 °C	15 mins
Prawn tempura	8 prawns (Total 140 g) Turn halfway through cooking	None	190 °C	8–9 mins
French fries	500 g	None	180 °C	20–22 mins
	1 kg	None	180 °C	42 mins
Chunky oven chips	500 g	None	180 °C	20 mins
Potato wedges	500 g	None	180 °C	20 mins
Roast potatoes	700 g	None	190 °C	20 mins
Hash browns	7	None	200 °C	15 mins

Sweet potato fries	450 g	None	190 °C	20–22 mins
Vegan burgers	4	None	180 °C	10 mins
Breaded mushrooms	300 g	None	190 °C	10–12 mins
Onion rings	300 g	None	190 °C	14 mins
Yorkshire pudding	8 (150 g total)	None	180 °C	3–4 mins



Lime and Parsley Crispy Chicken Thighs

Ingredients

120 g breadcrumbs
64 g plain flour
30 g fresh parsley (chopped)
4 chicken thighs
4 garlic cloves (minced)
2 limes (juiced)
160 ml buttermilk
2 tsp brown sugar
 $\frac{3}{4}$ tsp ground cumin
 $\frac{1}{2}$ tsp chilli flakes
Cooking spray
Salt and pepper, to taste

Method

Mix together the buttermilk, chilli flakes, garlic, sugar, cumin, parsley and lime juice in a large bowl. • Dip the chicken thighs into the buttermilk mixture and then roll in the breadcrumbs until fully coated. • Spray the chicken thighs on all sides with cooking spray. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time to 22–28 mins and carefully place the chicken thighs into the relevant cooking compartment. • Check that the chicken is cooked through before serving. • Serve immediately with your choice of sides.

Salt and Pepper Spareribs

Ingredients

12 pork spareribs
2 tbsps sea salt
2 tsp freshly ground black pepper
½ tsp of Chinese five-spice seasoning
Cooking spray

Method

Toast the salt and pepper without oil in a fry pan over a low/medium heat. Toss until the salt darkens, then remove from the heat and stir in the five-spice seasoning. Set aside to cool. • If using a rack of ribs, prepare by cutting downwards between the bones. • Rub the spareribs lightly with the seasoning mixture, cover and refrigerate for approx. 2 hours. • Spray the spareribs on all sides with cooking spray. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time to 15–20 mins and carefully place the spareribs into the relevant cooking compartment. • Check that the spareribs are cooked through before serving. • Serve immediately with your choice of sides.

Jerk Chicken Wings

Ingredients

1 kg chicken wings
75 g plain flour
1 egg, beaten
2 tbsps sugar
1 tbsps ground allspice
1 tbsps ground black pepper
4 ½ tsp onion powder
4 ½ tsp dried thyme, crushed
1 ½ - 3 tsp ground red pepper
1 ½ tsp salt
¾ tsp ground nutmeg
¼ tsp ground garlic cloves
Cooking spray

Method

Mix together all of the ingredients, except for the chicken wings and cooking spray, in a large bowl. • Sprinkle the mixture onto the chicken wings and rub in. • Spray the chicken wings on all sides with cooking spray. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time to approx. 30 mins and carefully place the chicken wings into the relevant cooking compartment. • Check that the chicken wings are cooked through before serving. • Serve immediately with your choice of sides.

BBQ Chicken Wings

Ingredients

3 cm piece of fresh ginger,
peeled and grated
1 garlic clove, crushed
3 tbsp orange marmalade
2 tbsp clear honey
1 tbsp sesame oil
2 tsp soy sauce
1 ½ tsp Chinese five-spice
½ tsp grated orange zest

Method

Mix together all of the ingredients, except for the chicken wings, in a large bowl.

- Dip the chicken wings into the mixture, cover and refrigerate for at least 2 hours or overnight, turning occasionally.
- Plug in and switch on the air fryer at the mains power supply.
- Set the temperature to 200 °C and the time to approx. 15 mins and carefully place the chicken wings into the relevant cooking compartment.
- Check that the chicken wings are cooked through before serving.
- Serve immediately with your choice of sides.

Honey Pork Chops

Ingredients

85 g honey
2 pork chops
3 tbsp soy sauce
1 tbsp lime juice
1 tsp garlic (minced)

Method

Mix together all of the ingredients, except for the pork chops, in a large bowl.

- Dip the pork chops into the mixture, cover and refrigerate for 1–2 hours.
- Plug in and switch on the air fryer at the mains power supply.
- Set the temperature to 200 °C and the time to 15–20 mins and carefully place the pork chops into the relevant cooking compartment.
- Check that the pork chops are cooked through before serving.
- Serve immediately with your choice of sides.

Rosemary, Garlic and Thyme Crispy Lamb Chops

Ingredients

18 small lamb rib chops
2 tbsp garlic (minced)
1 ½ tbsp fresh rosemary (chopped)
1 tbsp fresh thyme
1 tsp dried crushed red pepper
Fresh rosemary sprigs (optional)
Salt, to taste
Cooking spray

Method

Mix together the garlic, thyme, chopped rosemary and red pepper in a large bowl.

- Sprinkle the mixture onto the lamb chops and rub in, then sprinkle with salt. Cover and refrigerate for 2–3 hours.
- Plug in and switch on the air fryer at the mains power supply.
- Set the temperature to 200 °C and the time to approx. 20 mins and carefully place the lamb chops into the relevant cooking compartment. It may be necessary to use both cooking compartments or to cook the chops in batches.
- Check that the lamb chops are cooked through before serving.
- Serve immediately topped with fresh rosemary (optional).





Sirloin Steak with Diane Sauce

Ingredients

2 x 200 g sirloin steak (1.5 cm–2.5 cm thick)
Black and white peppercorns, to taste

For the Sauce

100 g mushrooms (sliced)
15 g butter
1 small onion (diced)
1 clove garlic (minced)
200 ml double cream
200 ml beef stock
50 ml brandy
1–2 tbsp Worcestershire sauce
1 tbsp olive oil
1 tbsp Dijon mustard
Salt and pepper, to taste

Method

Pat the steaks with kitchen paper and press the peppercorns into both sides. • Cover and refrigerate for 2–3 hours. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time according to the guidelines:

Rare	Approx. 9–10 mins
Medium-rare	Approx. 10–12 mins
Medium	Approx. 12–15 mins
Medium-well	Approx. 15–18 mins
Well done	Approx. 18–20 mins

Carefully place the steaks into the relevant cooking compartment. Turn halfway through cooking. • While the steaks are cooking, make the sauce. • Heat the oil and butter in a fry pan and cook the onion over a medium heat until soft. • Add the Worcestershire sauce, brandy and stock to the pan. • Cook rapidly, deglazing the pan and stirring continuously. Add the mushrooms, mustard, garlic and cream and season with salt and pepper, to taste. Set aside to cool. • Remove the steaks from the air fryer and leave to rest for approx. 5 mins; slice diagonally into strips. • Add the steak to the sauce and stir in the meat juices. • Serve immediately with your choice of sides.

Fried Cajun Salmon

Ingredients

910 g salmon fillets
380 g cornflour
3 eggs
125 ml milk
125 ml lager
3 tbsp mustard
2 tbsp salt
2 tsp black pepper
½–1 tbsp Tabasco sauce
½–1 tsp cayenne pepper (or to taste)
Cooking spray

Method

Whisk together the eggs, milk, lager, mustard, Tabasco, cayenne pepper, and half of the salt and pepper in a large bowl.

- Cut the fish fillets into bite-sized pieces, dip in the egg mixture until fully coated. Cover and refrigerate for approx. 1 hour.

- Mix together the cornflour and the remaining salt and pepper in a shallow wide bowl or on a plate.
- Remove the fish pieces from the egg mixture and dip into the cornflour, coating evenly.
- Spray the fish pieces on all sides with cooking spray.
- Plug in and switch on the air fryer at the mains power supply.
- Set the temperature to 200 °C and the time to approx. 15 mins and carefully place the fish pieces into the relevant cooking compartment.
- Check that the fish is cooked through before serving.
- Serve immediately with your choice of sides.

Pork Steaks with Mustard, Herbs and Apple

Ingredients

2 pork steaks
1 red apple (diced)
½ red onion (diced)
1 ½ tsp fresh rosemary (roughly chopped)
1 tsp mustard
1 tsp vegetable oil
½ tsp fresh thyme (roughly chopped)
Salt and pepper, to taste

Method

Season the pork steaks with salt and pepper.

- Plug in and switch on the air fryer at the mains power supply.
- Set the temperature to 200 °C and the time to approx. 25 mins and carefully place the pork steaks into the relevant cooking compartment.
- Check that the pork steaks are cooked through before serving.
- Serve immediately with your choice of sides.
- While the pork steaks are cooking, make the sauce.
- Soften the apple and onion in oil in a large frying pan on a medium heat for approx. 5 mins.
- Turn down the heat. Stir in the mustard, rosemary, thyme, and leave to cook for 3–5 mins, and then remove from the heat.
- After approx. 20 mins remove the pork steaks from the cooking compartment and spoon on the apple mixture.
- Cook for a further 5 mins.
- Remove the pork steaks from the air fryer and leave to rest for approx. 5 mins; slice diagonally into strips.
- Serve immediately with your choice of sides.

Home-made Beer Battered Onion Rings

Ingredients

250 g plain flour
112 g breadcrumbs
2 large onions
1 egg
178 ml beer/ale
Cooking spray

Method

Wash and peel the onions, cut into 6 mm thick rounds and separate the rounds into rings. • Mix together the flour, egg and beer in a large bowl; the consistency of the mixture should not be too runny but should be thin enough to coat the onion rings. • Dip the onion rings in the beer mixture and then the breadcrumbs until fully coated. Spray the onion rings on all sides with cooking spray. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time to 15–20 mins and carefully place the onion rings into the relevant cooking compartment. • Check that the onion rings are golden before serving. • Serve immediately with your choice of dipping sauce.

Peri Peri Fries

Ingredients

4 potatoes (or sweet potatoes)
¼ tsp paprika
¼ tsp oregano
¼ tsp ginger powder
¼ tsp ground cardamom
¼ tsp garlic powder
¼ tsp onion powder
Cooking spray
Salt and cayenne pepper, to taste

Method

Peel the potatoes and slice into chips. Add the potatoes to a pan of cold salted water and bring to the boil. • Once the boiling point has been reached, drain and place into a large bowl. • To create the spice mix, mix the dry ingredients together in a large bowl. • Spray the fries on all sides with cooking spray and dust with spice mix. • Plug in and switch on the air fryer at the mains power supply. • Select the 'CHIP' function. • Carefully place the fries into the relevant cooking compartment. • Check that the fries are crispy before serving. • Serve immediately with your choice of dipping sauce.

Sweet Potato Wedges

Ingredients

2 sweet potatoes (cut into wedges)

1 tsp chilli flakes

Salt and pepper, to taste

Cooking spray

Method

Plug in and switch on the air fryer at the mains power supply. • Spray the wedges on all sides with cooking spray and season with chilli flakes, salt and pepper. Toss to combine. • Plug in and switch on the air fryer at the mains power supply.

• Select the 'CHIP' function. • Carefully place the wedges into the relevant cooking compartment. • Check that the wedges are crispy before serving.

• Serve immediately with your choice of dipping sauce.





Rosemary Roast Potatoes

Ingredients

1 kg potatoes (halved)
6 tbsps olive oil
1 tsp fresh rosemary
Salt and pepper, to taste

Method

Peel the potatoes and cut them in half. Add the potatoes to a pan of cold salted water and bring to the boil. • Once boiling point has been reached, continue to cook for approx. 6 minutes, then drain and place into a large bowl. • Evenly coat the potatoes in olive oil and season with rosemary, salt and pepper. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time to approx. 20 mins and carefully place the potatoes into the relevant cooking compartment. • After approx. 20 mins carefully shake the potatoes to coat evenly with oil. • Cook for a further 15 mins. • Check that the potatoes are crispy and golden before serving.

Stir Fry Vegetables with Soy Sauce

Ingredients

8 baby corn (sliced length ways)
3 large chestnut mushrooms (quartered)
2 white onions (quartered)
1 butternut squash
(skin removed and diced)
1 red pepper (sliced)
1 green pepper (sliced)
1 yellow pepper (sliced)
1 orange pepper (sliced)
1 courgette (sliced at an angle)
2 tbsp olive oil
2 tbsp soy sauce
1 tsp mixed herbs
Salt and pepper, to taste

Method

Evenly coat the vegetables in olive oil and season with salt, pepper and mixed herbs to taste. • Plug in and switch on the air fryer at the mains power supply. • Set the temperature to 200 °C and the time to approx. 15 mins and carefully place the potatoes into the relevant cooking compartment. • Check that the vegetables are cooked through before serving. • Serve drizzled with soy sauce.



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