

# SALTER®

SINCE 1760

## PROFESSIONAL

# Dual-view Pro

*Recipe booklet and cooking chart*



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## **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 a choice of sides.

## Salt and Pepper Spareribs

### Ingredients

12 pork spareribs  
2 tbsp 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 a choice of sides.

## Jerk Chicken Wings

### Ingredients

1 kg chicken wings  
75 g plain flour  
1 egg, beaten  
2 tbsp sugar  
1 tbsp ground allspice  
1 tbsp 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 a choice of sides.

## **BBQ Chicken Wings**

### **Ingredients**

500 g chicken wings  
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 a 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 a 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

2 200 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 a 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 a choice of sides.



## **Pork Steaks with Mustard, Herbs and Apple    Homemade Beer Battered Onion Rings**

### **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. • 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. Once cooked through, remove the pork steaks from the air fryer and leave to rest for approx. • 5 mins; slice diagonally into strips. • Serve immediately with a choice of sides.

### **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 a 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 a 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 a choice of dipping sauce.

## **Rosemary Roast Potatoes**

### **Ingredients**

1 kg potatoes, halved  
6 tbsp 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.

## Cooking Chart

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 a 2.5 cm floret	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
<b>Chicken</b>				
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
<b>Beef</b>				
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 Medium rare: 10–12 mins
<b>Pork</b>				
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
	2 boneless chops	Brush with oil	200 °C	14–17 mins
Sausages	4 sausages	Brush with oil	200 °C	16 mins
<b>Lamb</b>				
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)	None	180 °C	3–4 mins

Notes:

\*To be eligible for the extended guarantee, go to **salter.com** and register your product within 30 days of purchase.



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