

SALTER®

SINCE 1760

AIR FRYER OVEN

Recipe booklet and cooking charts



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Cooking Chart

Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature
Thin frozen chips	300–700 g	18–20 mins	200 °C
Thick frozen chips	300–700 g	18–20 mins	200 °C
Homemade chips	300–800 g	20–25 mins	200 °C
Homemade potato wedges	300–800 g	20–25 mins	180 °C

Chips

A Step-by-Step Guide to Making Chips

Homemade Chips

STEP 1: Preheat the air fryer oven to 200 °C.

STEP 2: Cut the potatoes into chips approx. 1 cm wide.

STEP 3: Place the chopped potatoes into a pan of cold water and bring to the boil. Parboil for approx. 3 minutes.

STEP 4: Drain the water from the potatoes and thoroughly dry with a paper towel.

STEP 5: Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the mesh cooking tray. Slide the mesh cooking tray into the air fryer oven.

STEP 6: Cook at 200 °C for approx. 18–20 mins.

STEP 7: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

STEP 8: Once cooked through and crispy, remove from the air fryer oven, season and enjoy.

Frozen Chips

STEP 1: Preheat the air fryer oven to 200 °C.

STEP 2: Add 300–700 g of frozen chips to the mesh cooking tray. Slide the mesh cooking tray into the air fryer oven.

STEP 3: Cook at 200 °C for approx. 12–16 minutes.

STEP 4: Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

STEP 5: Once cooked through and crispy, remove from the air fryer oven, season and enjoy.

Meat and Poultry

Food	Amount	Approx. Cooking Time	Temperature
Steak	100–500 g	Well done: 18 mins	200 °C
		Medium: 16 mins	
		Rare: 14 mins	
Burgers	100–500 g	13–15 mins	180 °C
Pork chops	100–500 g	18–22 mins	200 °C
Chicken breast	100–500 g	15–22 mins	200 °C
Chicken drumsticks	100–500 g	15–22 mins	200 °C
Whole chicken	Medium sized	45 mins	200 °C

Snacks and Sides

Food	Amount	Approx. Cooking Time	Temperature
Frozen chicken nuggets	100–500 g	6–10 mins	200 °C
Spring rolls	100–400 g	10–12 mins	200 °C
Stuffed vegetables	100–400 g	12–15 mins	160 °C

Bakes and Cakes

Food	Amount	Approx. Cooking Time	Temperature
Quiche	400 g	20–22 mins	180 °C
Cake	300 g	16–18 mins	180 °C
Muffins	300 g	16–18 mins	160 °C



Katsu Chicken Curry

Ingredients

2 chicken breast fillets
1 egg, beaten
60 g panko breadcrumbs
or 2 slices of bread, crumbed

For the Katsu Curry Sauce

2 garlic cloves
300 ml chicken stock
1 cm fresh ginger, grated
2 tbsp plain flour
1 tbsp medium curry powder
1 tbsp soy sauce
2 tsp honey
1 tsp vegetable oil

Method

Preheat the air fryer oven to 180 °C for approx. 5 minutes.

Flatten the two chicken breasts using a tenderiser or rolling pin.

Dip the chicken into the beaten egg and then the panko breadcrumbs, ensuring the chicken is fully covered.

Add the chicken breasts to the mesh cooking tray and cook at 180 °C for approx. 20 minutes, turning halfway through.

Meanwhile, prepare the katsu curry sauce.

Gently fry the garlic cloves in oil, add the curry powder and mix.

Add the chicken stock gradually, stirring to avoid lumps and then leave to reduce.

Thicken using the plain flour, if necessary.

After approx. 5 minutes, add the soy sauce and honey and reduce for a further 5 minutes. Once the chicken is cooked through, remove from the air fryer oven and pour over the curry sauce.

Serve immediately with a choice of sides.

Soy and Garlic Chicken Thighs/Drumsticks

Ingredients

4 chicken thighs/drumsticks
2 cloves of garlic, finely chopped
3 tbsp soy sauce
3 tbsp honey
2 tbsp oil
½ tsp ground ginger
½ tsp Worcestershire sauce
Garlic salt, to taste

Method

Set aside the chicken and combine the remaining ingredients to create a marinade.
Coat the chicken thighs generously in the mixture. Leave to marinate for 2–3 hours, or overnight.
Preheat the air fryer oven to 200 °C for 5 minutes.
Add the chicken thighs to the mesh cooking tray and cook at 200 °C for 20–25 minutes or until cooked through.
Serve immediately with a choice of sides.

Pork Steaks with Apple

Ingredients

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

Method

Preheat the air fryer oven to 200 °C for approx. 5 minutes.
Season the pork steaks with salt and pepper. Generously rub the pork steaks with the mustard and some oil.
Finely slice the apple and onion. Soften in a frying pan with oil, then add the fresh herbs and turn the heat down. Once softened, remove from the heat.
Meanwhile, add the pork steaks to the mesh cooking tray and cook at 200 °C for approx. 20–25 minutes.
Remove the pork steaks from the air fryer oven and top with the apple and onion mixture. Put the pork steaks back into the air fryer oven and cook for a further 5 minutes.
Serve immediately with a choice of sides.

Lamb Cutlets with Garlic and Rosemary

Ingredients

4 lamb cutlets
2 garlic cloves, chopped
1 tbsp fresh rosemary, chopped
1 tbsp olive oil

Method

Combine the garlic cloves, fresh rosemary and olive oil in a bowl to create a marinade. Generously coat the lamb cutlets in the mixture. Leave to marinate for 2–3 hours, or overnight.

Preheat the air fryer oven to 180 °C for approx. 5 minutes.

Add the lamb cutlets to the mesh cooking tray and cook at 180 °C for approx. 10–15 minutes or until cooked to preference.

Serve immediately with a choice of sides.

Sea Bass Fillets with Roasted Vegetables

Ingredients

2 seabass fillets
5 cherry tomatoes
1 red onion
1 courgette
1 red pepper
1 yellow pepper
2 tsp dried oregano
Fresh rosemary, sprigs
Rock salt, to taste
Lemon juice
Spray olive oil

Method

Preheat the air fryer oven to 180 °C for approx. 5 minutes.

Roughly chop the vegetables into similar sized pieces; the smaller the pieces, the quicker they will cook.

Add the vegetables to the mesh cooking tray and spray with oil. Season with the fresh rosemary sprigs and dried oregano.

Cook the vegetables at 180 °C for approx. 20 minutes.

Spray the sea bass fillets with oil, then rub with the rock salt and a lemon wedge.

Place on top of the vegetables and cook for a further 10–15 minutes until the fish is cooked thoroughly and the vegetables are starting to brown slightly.

Serve immediately with a choice of sides.

Sirloin Steak with Mushrooms

Ingredients

2 sirloin steaks
250 g mushrooms
50 ml double cream
2 tsp mustard
2 tsp garlic paste

Method

Preheat the air fryer oven to 180 °C for approx. 5 minutes.

In a pan, sweat the mushrooms in vegetable oil and the garlic paste.

Add the mustard and double cream and turn down the heat to reduce.

Rub pepper into the two steaks to taste.

Add the steaks to the mesh cooking tray and cook at 180 °C for 20-25 minutes or until cooked to preference.

Serve the steaks immediately, topped with the garlic mushroom sauce.



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