

# SALTER®

SINCE 1760

## 4.5 Litre Digital Hot Air Fryer

Enjoy fried food the healthier way using  
little or no oil

**XL**

FAMILY SIZE

RECIPES  
INCLUDED



Please read all of the instructions carefully and retain for future reference.

## **Safety Instructions**

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to

the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not pull or carry the appliance by its power supply cord.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface or door may get hot during operation.



**Caution:** Hot surface – do not touch any sections or

surfaces of the appliance that may become hot or the heating components of the appliance.

**Warning:** Keep the appliance away from flammable materials.

## Automatic Switch-off

The hot air fryer is fitted with an automatic switch-off which will activate if the set cooking time has elapsed. The timer will sound and the hot air fryer will switch off automatically.

**Note:** If the hot air fryer needs to be turned off before the set cooking time has elapsed, switch off and unplug it from the mains power supply.

## Dos and Don'ts

### Do:

Check that the non-stick coated cooking basket is securely fitted before use. Not doing so will prevent the hot air fryer from operating.

Only hold the cooking compartment by the cooking basket handle. Take care when removing the non-stick coated cooking basket, as steam may be emitted.

### Don't:

Invert the non-stick coated cooking basket with the cooking compartment still attached, as excess oil may collect at the bottom of the cooking compartment.

Cover the hot air fryer or its air inlets, as this will disrupt the airflow and could affect the cooking results.

Fill the cooking compartment with oil or any other liquid.

Press the non-stick coated cooking basket release button whilst shaking the ingredients.

Touch the cooking compartment during or straight after use, as it gets very hot; only hold the cooking compartment by the handle.



## Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the hot air fryer from the mains power supply and allow it to fully cool.

**STEP 1:** Wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the hot air fryer main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the hot air fryer or its accessories, as this could cause damage.

**Note:** The hot air fryer should be cleaned after each use.

## Description of Parts



- |  |                                |
|--|--------------------------------|
| 1. 4.5 Litre Digital Hot Air Fryer main unit | 7. Digital control panel       |
| 2. Cooking compartment                       | 8. Temperature control buttons |
| 3. Non-stick coated cooking basket           | 9. Timer control buttons       |
| 4. Cooking basket handle                     | 10. Mode button                |
| 5. Cooking basket release button             | 11. Power button               |
| 6. Plastic cover                             | 12. LED display                |

## Instructions for Use

### Before First Use

**STEP 1:** Before connecting the hot air fryer to the mains power supply, wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the hot air fryer main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the hot air fryer or its accessories, as this could cause damage.

**STEP 3:** Place the hot air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

**Note:** When using the hot air fryer for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the hot air fryer during use.

It is advised to run the hot air fryer without food for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

### Assembling the 4.5 Litre Digital Hot Air Fryer

**STEP 1:** Fit the non-stick coated cooking basket into the cooking compartment, until it is seated securely. Slide the plastic release button cover backwards so that it is concealing the release button, to avoid it being pressed during use.

**STEP 2:** Slide the cooking compartment into the hot air fryer main unit to close it.

**Note:** The hot air fryer comes preassembled. The cooking compartment should be closed securely before use, as not doing so will prevent it from working.

### Using the Digital Control Panel

When the hot air fryer is plugged in and switched on at the mains power supply, the unit will beep and the power button will illuminate to indicate that it is being powered. Tap the power button to switch on the hot air fryer.

The LED display will alternate between '180 °C' and '15 MIN'. These are the default cooking settings; if other settings are required, the time and temperature can now be programmed.

Press the timer control buttons (↑ or ↓) to change the cooking time, up to a max. of 60 mins.

Press the temperature control buttons (↑ or ↓) to adjust the cooking temperature, between 80–200 °C.

The ↑ and ↓ buttons may be held down in order to quickly adjust the time or temperature.

Once time and temperature have been set, tap the power button to begin heating. A red heating icon will appear to indicate that the hot air fryer is heating up, and the rotating LEDs around this icon indicate that the fan is operating. The red light will switch on and off throughout cooking to indicate that the hot air fryer is regulating temperature.

The time and temperature can also be set using the '**MODE**' button. This will automatically cycle between time and temperature presets for cooking various foods. These presets can then be adjusted using ↑ or ↓ to increase or decrease the time or temperature as required.

Once the timer has expired, the hot air fryer will switch off. During cooking, the time and temperature can be adjusted at any time using ↑ and ↓.

If the cooking compartment is removed during cooking, cooking will be paused; reinsert the cooking compartment to resume the cooking process. The hot air fryer will switch off after 2 hours if the cooking compartment has not been reinserted.

To switch off the hot air fryer, tap the power button again. The red heating icon will no longer be visible and the hot air fryer will switch off after 20 seconds.

**Note:** The power button will remain illuminated whilst the unit is plugged in.

## Using the 4.5 Litre Digital Hot Air Fryer

**STEP 1:** Plug in and switch on the hot air fryer at the mains power supply; the hot air fryer will beep and the power button will illuminate to indicate that the unit is plugged in.

**STEP 2:** Tap the power button to switch on the hot air fryer; the LED display will alternate between '180 °C' and '15 MIN', indicating that the time and temperature are ready to be programmed.

**STEP 3:** Following the instructions in the section entitled 'Using the Digital Control Panel', preheat the hot air fryer for approx. 5 minutes. Use ↑ or ↓ to increase or decrease the time or temperature if required.

**STEP 4:** Once preheated, remove the cooking compartment by pulling it out of the hot air fryer using the handle. Place the cooking compartment onto a flat, stable, heat-resistant surface. Check that the plastic cover is over the basket release button to avoid it from being released accidentally.

**STEP 5:** Place the ingredients into the non-stick coated cooking basket and then slide the cooking compartment back into the hot air fryer main unit to close it.

**STEP 6:** Use the digital control panel to set the cooking time and temperature as required for the ingredients and then press the power button to begin cooking.

**STEP 7:** Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment by pulling the cooking basket handle out of the hot air fryer. The plastic cover must be concealing the cooking basket release button; take care not to release the hot non-stick coated cooking basket by pressing the cooking basket release button. Shake the cooking compartment gently and then slide it back into the hot air fryer main unit to close it and continue to cook.

**STEP 8:** Once cooking is complete and the preset time has elapsed, the hot air fryer will beep several times and switch off. Check whether the ingredients are ready by pulling the cooking compartment out from the hot air fryer using the cooking basket handle. If the ingredients are not cooked, close the cooking compartment and replace it back into the hot air fryer main unit. Use the control panel to adjust the cooking time accordingly. If the food is cooked, press the cooking basket release button to remove the non-stick coated cooking basket from the cooking compartment and then empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs (not included) if the food is large or fragile.

**Note:** Always preheat the hot air fryer before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature setting needs to be changed during use, simply use the timer or temperature control buttons as required and the hot air fryer will automatically adjust the settings.

**Caution:** Do not tip the food directly into a bowl or onto a plate, as excess oil may collect at the bottom of the cooking compartment and leak onto the ingredients or serving bowl. Always remove the non-stick coated cooking basket from the cooking compartment.

Exercise caution when opening and closing the cooking compartment during use, as it will become very hot.

**Warning:** Nominal voltage is still present even when the hot air fryer is switched on. To permanently switch off the hot air fryer, turn it off at the mains power supply.



## Using the Non-Stick Coated Cooking Basket

The non-stick coated cooking basket is removable for ease of use.

**STEP 1:** To remove the non-stick coated cooking basket from the cooking compartment, push forward the plastic cover to reveal the cooking basket release button.

**STEP 2:** Press and hold the cooking basket release button and carefully lift the cooking basket handle to release the non-stick coated cooking basket.

**STEP 3:** Replace the non-stick coated cooking basket by fitting it into the cooking compartment, until it is secure.

**STEP 4:** Slide the plastic cover back into position so that it conceals the cooking basket release button.

**Warning:** Never press the cooking basket release button if the cooking compartment is elevated, as this could cause injury; only press it once the cooking compartment has been placed onto a flat, stable surface.

## Cooking Guide

The following is a guideline for cooking certain types of foods with the hot air fryer. This is a guideline only and cooking should always be monitored. Food should always be piping hot before serving.

### Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	300–700 g	12–16 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.
Thick frozen chips	300–700 g	12–16 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.
Home-made chips	300–800 g	15–20 mins	200 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.
Home-made potato wedges	300–800 g	15–20 mins	200 °C	Part soak the potato wedges in water to remove the starch, add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.

**Meat and Poultry**

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	100–500 g	Well done: 10 mins  Medium: 8 mins  Rare: 6 mins	200 °C	Turn over halfway through the total cooking time.
Hamburger	100–500 g	18–20 mins	180 °C	Turn over halfway through the total cooking time.
Pork chops	100–500 g	18–20 mins	200 °C	Turn over halfway through the total cooking time.
Chicken breast	100–500 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.
Chicken drumsticks	100–500 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.

**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	8–10 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	14–20 mins	160 °C

## A Step by Step Guide to Making Chips

### Home-made Chips

**STEP 1:** Cut the potato into chips approx. 1 cm wide.

**STEP 2:** Place the chopped potatoes into a pan of cold water. Bring water to the boil and part boil the potatoes for around 3 mins.

**STEP 3:** Preheat the hot air fryer to 200 °C.

**STEP 4:** Drain the water from the potatoes and dry thoroughly using kitchen towel.

**STEP 5:** Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the cooking basket. They should be fully coated for best results.

**STEP 6:** Cook at 200 °C for 18–25 minutes.

**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 hot air fryer, season and enjoy.

### Frozen Chips

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

**STEP 2:** Add 300–700 g of frozen chips into the cooking basket.

**STEP 3:** Cook for 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 hot air fryer, season and enjoy.

## **Storage**

Check that the hot air fryer is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the hot air fryer; wrap it loosely to avoid causing damage.

## **Specifications**

Product code: EK2819

Input: 220–240 V ~ 50/60 Hz

Output: 1500 W





# Recipes

\*Any recipe images used in this instruction manual are intended for illustrative purposes only.

## Breaded Fish Fillets

### Ingredients

200 g cod fillets/loins  
(even in size for the best cooking results)  
75 g breadcrumbs  
1 egg, beaten  
4 tbsp plain flour  
2 tbsp Parmesan cheese  
Basil  
Vegetable oil  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 190 °C.  
Add some plain flour to a medium sized bowl and coat the cod fillets in the flour.  
In another bowl, mix together the breadcrumbs, Parmesan and basil. Dip the fillets into the egg, then coat the fish in the breadcrumb mixture. Add seasoning to taste.  
Spray the fish with oil on all sides, then place the fillets into the non-stick coated cooking basket and cook for approx. 15–20 minutes or until golden brown.

## Salmon Croquettes

### Ingredients

75 g flour  
50 g breadcrumbs  
32 g juice from drained salmon  
1 tin pink salmon, drained, reserving the juice  
1 egg  
1 tsp baking powder  
½ chopped green onion  
½ tsp Worcestershire sauce  
Vegetable oil  
Pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
In a bowl, mix together the salmon and the egg, then stir in the flour, adding the breadcrumbs, pepper, onions and Worcestershire sauce.  
Mix the baking powder with the salmon juice and beat until foamy. Pour into the salmon mixture and mix with a fork.  
Create croquette shapes from the mixture, spray with oil and then place them into the non-stick coated cooking basket and cook for approx. 12–15 minutes or until golden brown.

## Grilled Prawns

### Ingredients

200 g jumbo prawns, washed and peeled  
160 g melted butter  
1 garlic clove, peeled and crushed  
2 tbsp of lemon juice

### Method

Preheat the hot air fryer to 160 °C.  
In a small bowl, mix the melted butter, lemon juice and garlic. Dip the prawns into the butter mix and place them directly into the non-stick coated cooking basket. Grill the prawns for approx. 8–12 minutes.

## Chicken Nuggets

### Ingredients

12 cream or plain crackers  
2 skinless chicken breast fillets,  
cut into 2–3 cm pieces  
2 garlic cloves (optional)  
2 medium eggs  
2 tbsp butter  
2 tbsp dry parsley or 4 sprigs fresh parsley (optional)  
Plain flour  
1 lemon (optional)  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
To prepare the chicken, peel the garlic and zest the lemon. Put the crackers into a food processor with the butter, garlic, parsley, lemon zest and a pinch of salt and pepper, then process until the mixture is very fine. Pour these crumbs onto a plate.  
Sprinkle the flour onto a second plate, then crack the eggs into a small bowl and beat with a fork.  
Roll the chicken pieces in the flour until all sides are completely coated, then dip them into the egg, followed by the flavoured crumbs. Rub the crumbs onto the chicken pieces so that they stick; the chicken pieces should be totally coated.  
Spray the chicken pieces on all sides with oil and cook them in the non-stick coated cooking basket for approx. 10–15 minutes or until cooked through, golden and crisp.

## Crispy Fried Chicken

### Ingredients

2 chicken pieces  
75 g cornflakes  
32 g all-purpose flour  
80 ml buttermilk  
1 tbsp Dijon mustard  
¼ tsp cayenne pepper  
1 tsp paprika  
¾ tsp ground sage  
Vegetable oil  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.

In a wide bowl or on a plate, season the flour with salt and pepper. Dip the chicken into the flour so that it is fully coated, tap against the bowl to shake off any excess flour and set aside. Discard the unused flour.

Place the cornflakes into a big, resealable bag, making sure that there is no air in the bag before sealing, then run a rolling pin over the bag to crush. Pour the crushed cornflakes into a wide bowl or onto a plate.

In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage. Dip the chicken pieces into the buttermilk mixture and then roll in the crushed cornflakes.

Arrange the chicken pieces in the non-stick coated cooking basket, spray all over with oil and cook for approx. 5–10 minutes.

Reduce the temperature to 190 °C and cook for a further 15–20 minutes for thighs and 5–10 minutes for legs.

## Breaded Chicken Goujons

### Ingredients

2 chicken breasts  
50 g breadcrumbs  
50 g cream cheese  
Vegetable oil

### Method

Preheat the hot air fryer to 200 °C.

Cut the chicken breasts into strips, spread the cream cheese evenly over the chicken, then coat with the breadcrumbs.

Lightly spray the chicken with oil, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown and firm to touch.

## Crispy Sesame Fried Chicken

### Ingredients

180 g chicken breast  
75 g rolled porridge oats  
50 g self-raising flour  
20 g toasted sesame seeds  
1 tbsp chicken bouillon powder  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp soy sauce  
1 tsp salt  
½ tsp dried basil  
½ tsp dried oregano  
½ tsp ground black pepper  
118 ml chicken stock  
Vegetable oil

### Method

Preheat the hot air fryer to 200 °C.

Coat the chicken with the salt, black pepper and garlic powder then chill for approx. 4 hours.

In a medium bowl, mix together the oats, sesame seeds, ½ tsp of salt and chicken bouillon powder then set aside. In another bowl, combine the flour, ½ tsp of salt, onion powder, basil, oregano, soy sauce and chicken stock. Dip the chicken into the chicken stock and roll in the sesame seed mixture. Spray the chicken with oil, then place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown.





## Japanese Style Fried Chicken

### Ingredients

350 g skinless, boneless chicken breast,  
cut into 1 inch cubes  
2 eggs, lightly beaten  
3 tbsp potato flour  
1 tbsp rice flour  
1 tbsp minced garlic  
1 tbsp grated fresh ginger root  
1 tbsp sesame oil  
1 tbsp soy sauce  
½ tsp white sugar  
½ tsp salt  
½ tsp black pepper  
¼ tsp a chicken stock cube  
Vegetable oil

### Method

Preheat the hot air fryer to 200 °C.  
In a large bowl, mix together the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce and stock cube. Add the chicken pieces and stir to coat, then cover and refrigerate for approx. 30 minutes. Remove the bowl from refrigerator, add the potato flour and rice flour to the chicken and mix well. Spray the chicken with oil, then place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown.

## Tandoori Chicken

### Ingredients

2 large chicken breasts,  
cut into medium sized pieces  
1 large onion, finely chopped  
50 g low fat natural yoghurt  
2½ cm fresh ginger, grated  
2–3 garlic cloves, crushed  
2–3 tsp paprika  
2 tsp turmeric  
1 tsp cayenne pepper  
1 tsp coriander powder  
1 tsp chilli powder (or fresh chillies, finely chopped)  
1 tsp curry powder  
Juice and zest of 1 Lemon  
Olive oil

### Method

Preheat the hot air fryer to 200 °C.  
In an ovenproof dish, mix the onion, garlic, herbs, spices, lemon juice and zest, olive oil and yoghurt. Add the chicken pieces and mix well until the chicken is covered. Cover the dish and leave it to

marinate in the refrigerator for approx. 2–3 hours. Once the chicken has marinated, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes.

## Chinese Duck Stir-fry

### Ingredients

1 duck breast  
200 g egg noodles  
1 red pepper, cut into strips  
1 red chili, finely chopped  
1 garlic clove, finely chopped  
3 cm ginger, cut into thin strips  
Handful of coriander leaves and stalks,  
finely chopped  
Handful of baby carrots  
Handful of sugar snap peas or mangetout  
Handful of spring onions, cut into thin strips  
1 tbsp honey  
1 tbsp mirin  
1 tbsp soy sauce  
1 tbsp olive oil  
1 tbsp sesame oil

### Method

Preheat the hot air fryer to 170 °C.  
Score the skin of the duck breast and place skin side down into a cold frying pan. Set over a medium heat and fry gently until the skin has browned, then turn the breast over and drizzle with honey.  
When the duck has cooked through, remove it from the heat and leave to rest for approx. 5 minutes before cutting into slices.  
Cook the noodles by following the instructions on the packet.  
Add all of the ingredients to the non-stick coated cooking basket (except for the duck and noodles), spray the ingredients with oil and cook for approx. 7–10 minutes. Adjust the cooking time according to personal taste.  
Add the noodles, increase the temperature to 200 °C and heat for a further 2 minutes.  
Serve with the duck.



## Peppercorn Steak

### Ingredients

200 g sirloin steak (1.5 cm–2.5 cm thick)  
50 g unsalted butter  
2 shallots, finely diced  
100 ml beef stock  
2 tbsp Worcestershire sauce  
2 tbsp brandy  
2 tbsp double cream  
1 tbsp Dijon mustard  
1 tbsp olive oil  
1 tbsp green peppercorns  
Black and white peppercorns, to taste  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
Dry the steaks with kitchen paper and press the black and white peppercorns into both sides.  
Cover with foil or plastic film and then refrigerate for approx. 2–3 hours.  
When ready to cook, place the steak into the non-stick coated cooking basket and cook for approx. 8–20 minutes. Turn the steak halfway through to caramelise on both sides. Meanwhile, make the sauce.  
Heat the oil and butter in a frying pan and cook the shallots over a medium heat, until soft. Add the Worcestershire sauce, brandy and stock to the frying pan. Cook rapidly, scraping the bottom of the pan to incorporate the flavours. Add the green peppercorns, mustard and cream, then season to taste.  
Remove the meat from the hot air fryer, slice it diagonally and add the meat to the sauce. Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.

## Roast Gammon Joint

### Ingredients

600 g gammon joint

### Method

Preheat the hot air fryer to 180 °C.  
Place the gammon into the non-stick coated cooking basket and cover loosely with foil. Cook it for approx. 25 minutes, turn it over and then cook for a further 25 minutes. Remove the foil and let it brown for approx. 10 minutes, then turn it again to brown all over for a further 10 minutes.  
Cooking times may vary, depending upon the shape or thickness of the joint.  
Test with a skewer to check that the juices run clear.

## Pork Chops

### Ingredients

2 pork chops  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
Season the pork chops with salt and pepper.  
Add the pork chops to the non-stick coated cooking basket and cook for approx. 10–15 minutes.  
The time it takes to cook the pork chops depends upon your preference; flip them halfway through cooking for even colour and caramelisation.

## Mustard Pork Chops

### Ingredients

2 pork chops  
Dijon mustard

### Method

Preheat the hot air fryer to 200 °C.  
Coat the pork chops with a generous helping of Dijon mustard.  
Place the pork chops into the non-stick coated cooking basket and cook for approx. 10–15 minutes, until the fat goes crispy.  
Flip the pork chops halfway through cooking for even colour and caramelisation.



## Lightly-Fried Lamb Chops with Rosemary and Garlic

### Ingredients

10 small lamb rib chops  
2 tbsp minced garlic  
1½ tbsp fresh rosemary, chopped  
1 tsp dried crushed red pepper  
Fresh rosemary sprigs (optional)

### Method

Preheat the hot air fryer to 200 °C.  
In a small bowl, combine the garlic, rosemary and crushed red pepper. Rub about ¼ tsp of the mixture over both sides of each lamb chop.  
Sprinkle the lamb chops with salt and put onto a plate, cover and refrigerate for approx. 30 minutes or preferably up to 4 hours.  
When ready to cook, place the lamb chops into the non-stick coated cooking basket and cook for approx. 10–15 minutes, depending upon how well done the meat is required to be cooked.  
Garnish the lamb chops with rosemary if desired and then serve.

## Roasted Vegetables

### Ingredients

12 cherry tomatoes on the vine  
10 garlic cloves, left whole with skins still on  
4 small new potatoes, skins scrubbed not peeled  
3 large chestnut mushrooms, quartered  
2 white onions, quartered  
1 red, 1 green, 1 yellow pepper, deseeded and thickly sliced  
1 courgette, sliced at an angle  
2 tbsp olive oil  
1 tsp mixed herbs  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
Place all of the ingredients into a large, round dish or bowl, coated in olive oil. Season to taste and sprinkle on the mixed herbs. Place into the non-stick coated cooking basket and cook for approx. 25–30 minutes. Stir halfway through so that all of the vegetables are cooked through.

**Note:** Alternatively, the ingredients can be placed directly into the non-stick coated cooking basket.

## Beef Samosas

### Ingredients

200 g beef mince  
1 packet of filo pastry  
1 onion, chopped  
1 shallot, minced  
1 thyme sprig  
1 tbsp curry powder  
Vegetable oil  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
In a large saucepan, add a drizzle of oil then add the onion to soften, followed by the minced shallot. Add the beef mince and thyme to the pan and cook for approx. 5 minutes until the meat is well done, then remove from the heat. Add the curry powder and season with salt and pepper.  
Lay a sheet of filo pastry on a flat work surface and cut lengthways into thirds. Add a spoonful of the meat mixture to the top of each strip and then fold into triangles. Continue this process until no beef mince mixture remains.  
Spray each samosa with oil, then place 4 samosas per time into the non-stick coated cooking basket and cook for approx. 5 minutes.  
Turn the samosas and then cook for a further 5 minutes, until both sides are crisp and golden brown.

## Roast Potatoes

### Ingredients

800 g potatoes, quartered  
6 tbsp olive oil  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
Half-fill a large saucepan with cold water. Put the potatoes in the pan; add a pinch of salt and cover. As soon as the water boils, reduce the heat and cook for approx. 6 minutes. Drain the potatoes and shake them in a colander to roughen the edges. Place the potatoes into the non-stick coated cooking basket and drizzle with the oil. Cook for approx. 15 minutes. Carefully turn them over and cook for a further 15 minutes. Check that the potatoes do not burn; cover them with foil if necessary.

## Sweet Potato Wedges

### Ingredients

2 sweet potatoes, cut into small wedges  
4 tbsp olive oil  
1 tsp chilli flakes  
Salt and pepper, to taste  
Sea salt, to taste

### Method

Preheat the hot air fryer to 200 °C.  
Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water.  
Put the potato wedges into a bowl, pour over the oil and mix to cover evenly. Add the chilli flakes, season to taste with salt and pepper and stir to combine. Place the potato wedges into the non-stick coated cooking basket and cook for approx. 15–20 minutes, until the potatoes are tender and golden brown. It is recommended to shake the non-stick coated cooking basket halfway through cooking, so that the wedges are cooked evenly.  
Sprinkle with sea salt to serve.

## Potato Wedges with Rosemary

### Ingredients

2 medium white potatoes, cut into small wedges  
2 garlic cloves, crushed  
1 fresh rosemary sprig  
Vegetable oil  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.  
Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water.  
Put the potato wedges into a bowl, add the remaining ingredients and mix together.  
Spray the wedges with oil so that each one is lightly coated, place them into the non-stick coated cooking basket and cook for approx. 18-25 minutes or until golden brown and crispy on the outside. It is recommended to shake the non-stick coated cooking basket halfway through cooking, so that the wedges are cooked evenly.







## Sea Salted Crisps

### Ingredients

2 medium white potatoes  
Sea salt or a seasoning of choice

### Method

Preheat the hot air fryer to 175 °C.

Peel and wash the potatoes, then thinly slice and drop into cold, salted water. The potatoes can be sliced by hand but it is recommended that a mandolin slicer is used.

Pat the potatoes dry, spray with oil, making sure they are completely covered and then sprinkle with sea salt. Place as many slices as possible into the non-stick coated cooking basket and cook for approx. 15–20 minutes, until golden brown.

When the crisps are cooked, season and mix to coat evenly.

## Onion Rings

### Ingredients

1 large onion  
112 g breadcrumbs  
1 egg, well beaten  
3 tbsp salted butter  
Vegetable oil  
Salt and pepper, to taste

### Method

Preheat the hot air fryer to 200 °C.

Wash and peel the onions, cut into 5 mm thick rounds, then separate the rounds into rings.

In a medium sized pan, melt the butter, mix in the breadcrumbs, then add the salt and pepper; the mixture should be of a lumpy consistency. Dip the onion rings into the beaten egg so that they are fully coated, then dip the onion rings into the breadcrumb mixture until they are fully covered.

Spray the onion rings with oil, then place them into the non-stick coated cooking basket and cook for approx. 5–8 minutes or until golden brown.

It is recommended to shake the non-stick coated cooking basket halfway through cooking, so that the onion rings are cooked evenly.

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