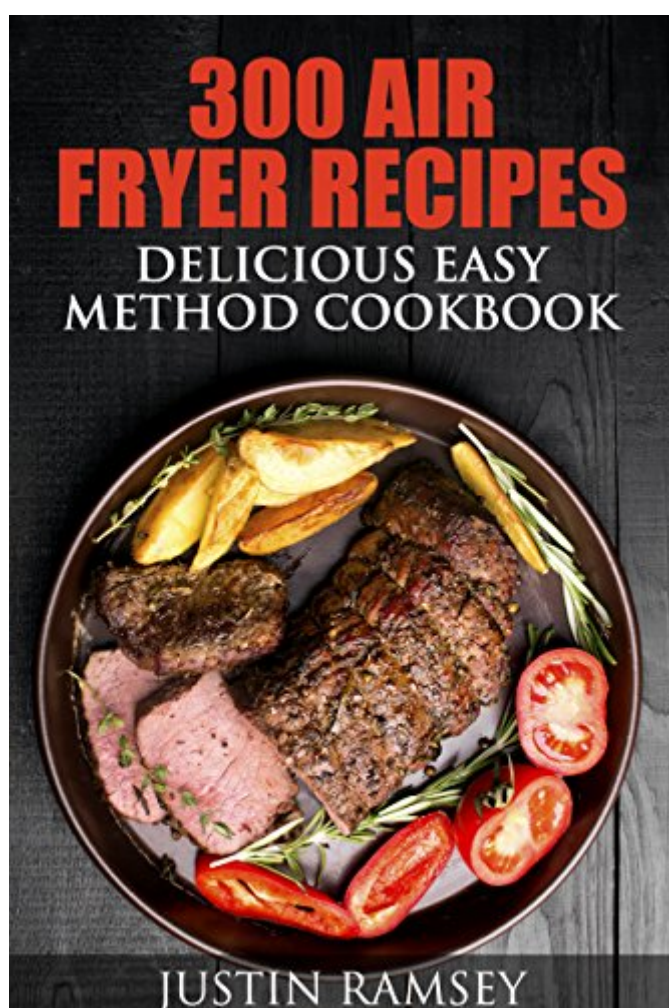


The book was found

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



Synopsis

*BONUS Freebie! My Food Hacks – A 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 ROST
IRAREBIT
WITH FRIED EGG
SCRAMBLED EGG
STHAI STYLE OMELETTE
APPLE OAT FRITTERS
BAKED EGGS
BREAKFAST FRITTATA
CHEESY BACON CROQUETTES
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
SCAJIN SHRIMP
CHEESE CORN AND SPINACH SQUARES
CHILEAN FRIED CALZONES
CHILI TUNA PUFFS
CHORIZO 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
SKALE CHIPS
LASAGNA CUPCAKES
MACARONI AND CHEESE ROUNDS
PORK FRIES
PRAWN AND PORK NOODLE BALLS
SESAME PRAWN TOAST
STAIWANESE POPCORN
CHICKEN
VEGETABLE SPRING ROLLS
Main Meals
BEEF STROGANOFF
BLACK BEAN VEGGIE BURGERS
SCARAMEL 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 LAMBS
SNAPPER 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 DOUGH
NUTS
CRUNCHY SNICKERS
FRIED CHOC CHIP COOKIE DOUGH
FRUIT CAKE
LEMON CREAM CHEESE BARS
MARBLE CAKE
MATCHA ALMOND COOKIES
PANDAN CHIFFON CAKE
VANILLA SOUFFLE
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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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