



# 50

RECIPES  
FOR YOUR  
AIR FRYER

GoWISE USA®

# Sweet Potato Fries

🍷 Appetizer

🕒 45 mins.

🍽️ 2-3 Servings

- 2 Sweet potatoes(peeled & cut into 3 inch sticks)
- 1 TBSP vegetable oil
- 1/2 Salt

Place sweet potatoes in a large bowl and cover with oil. Sprinkle salt and toss to coat well.

Preheat air fryer to 330°F, then spread potatoes in basket, forming a single layer. do not overlap. Air fry for 5 minutes.

Remove pot from air fryer, shake and re-insert. Increase the temperature to 400°F and Air fry for an additional 13 minutes. Repeat the cooking process for remaining sweet potatoes.



# Air fried Mini Churros

🕒 Snack

🕒 1 Hr

🍽️ 4-6 Servings

- 1 Cup Water
- 1/2 Cup Butter
- 1/4 TSP Salt
- 1 Cup Flour
- 3 Eggs
- 1/4 Cup Sugar

In a medium pot, bring the water to boil on a stove top. Mix in the butter, salt, and flour. Mix well, then remove from heat. Crack 3 eggs into the pot and whisk it all together in the pot.

Let the dough cool, then add the dough into a pastry piping bag. Squeeze out 2 inch dough churros into a non-stick coated pan that fits in your air fryer.

Air fry at 400°F for 6 minutes. Carefully remove the churro bites and roll in the sugar. Serve warm.



8

# Air Fried Apple Chips

🕒 Snack

2 TBSP Sugar  
1 TBSP Cup Dark Brown Sugar  
1 TSP Cinnamon

🕒 1.5 Hrs  
1 Small Red apple  
Foil & Cooking Spray  
Slicing Mandoline

🍽️ 1-2 Servings

In Medium mixing bowl add the sugars and cinnamon and mix well. Set aside.

Line your air fryer basket with a sheet of aluminum foil and spray with non-stick cooking spray.

Using a Slicing Mandoline, cut the apple into thin slices. Dredge each slice, front and back into the cinnamon sugar, then place onto foil, do not overlap the slices.

Air fry the apple slices at 250°F for 1 hour. Remove the apple slices and let cool completely before eating.



# Air Fried French toast sticks

🕒 Entree

🕒 25 mins.

🍽️ 2-3 Servings

4 Pieces sliced bread  
2 TBSP butter(softened)  
2 Eggs(beaten)

Salt  
Pinch of nutmeg  
Cooking spray

2-3 TBSP butter  
1 TSP vanilla extract  
3/4 Cup powdered sugar

2 TBSP heavy whipping cream

In a bowl, gently beat egg, salt, a few shakes of cinnamon, and small pinch of nutmeg.

Butter both sides of bread slices. Slice each bread into approximately 4 sticks each, then dunk the slices into the egg mixture, coating both sides and place inside air fryer pan.

Set air fryer to 350°F and cook for 2 minutes. Open the air fryer and spray some cooking oil onto the slices, flip the slices, and cook for an additional 4 minutes.

For the frosting, blend the butter, vanilla extract, powdered sugar, and heavy whipping cream until it's a well mixed creamy dip.



# Honey Lime Chicken

🕒 Entree

🕒 1+ Hrs

🍽️ 6-8 Servings

2 TBSP soy sauce      1/4 TSP white pepper      16 Chicken wings  
2 TBSP honey      Pinch black pepper  
1.5 TSP sea salt      2 TBSP lime juice

Wash wings, and pat dry with paper towels. Place all ingredients in gallon zip seal bag, and mix well. Make sure all wings are covered and let it chill in fridge for 6-24 hours.

Remove from fridge, then place in air fryer basket and cook at 350°F for 6 minutes. Flip the wings and fry for another 3 minutes.

# AIR FRYER COOKBOOK

NEW EDITION  
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photos and  
recipes, including  
gluten free!

*In the*

# KITCHEN

THINGS  
AIR FRYER

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WAGGONER

NATIONAL TELEVISION HOST, CHEF, AND AUTHOR OF THE  
IN THE KITCHEN SERIES: A COLLECTION OF HOME & FAMILY MEMORIES,  
A GATHERING OF FRIENDS, AND MULTICOOKER COOKBOOK

# Biscuit Beignets with Praline Sauce

## **Praline Sauce**

8 Tbsp. butter  
1 cup brown sugar  
3 Tbsp. milk  
3 Tbsp. vanilla extract  
¼ cup chopped nuts, pecans or walnuts

## **Beignets**

1 tube large flaky-style biscuit dough  
3 Tbsp. powdered sugar

## **For the Praline Sauce**

Melt butter in a medium, heavy-bottomed saucepan over medium heat. Add brown sugar and whisk until sugar melts and mixture begins to boil, about 5 minutes. Stir in milk, vanilla, and nuts until smooth. Set aside.

## **For the Beignets**

Separate biscuits and cut into fourths. Spray each side with a light spray of canola oil.

Bake at 330 degrees for 10 minutes in single layer batches so that the biscuits do not touch and have room to expand. Biscuits will cook very quickly. Dust generously with powdered sugar and serve immediately with Praline Sauce.



## Perfect French Fries



1 large russet potato, cut into  
¼-inch slices

1 Tbsp. canola oil

½ tsp. sea salt

Two ways to prepare:

### *Fast method*

Rinse the cut potato under running water. Place the potato slices in a single layer on a microwave-safe plate. Microwave for 3 minutes. Remove from microwave. Toss with oil and salt and place in the air fryer basket.

Bake at 400 for 15 minutes, tossing halfway through, or until fries are golden and crunchy.

### *Regular method*

Toss the potatoes with oil and salt. Place the fries in the air fryer basket. Do not overcrowd.

Bake at 300 for 10 minutes and toss. Return to oven at 400 degrees for another 10 minutes or until golden and crunchy. Enjoy!

## Homemade Ketchup

1 (28-oz.) can whole tomatoes in  
purée

1 medium onion, chopped

2 Tbsp. olive oil

1 Tbsp. tomato paste

⅔ cup dark brown sugar

½ cup cider vinegar

½ tsp. salt

Purée the tomatoes in a blender until smooth.

Cook the onion in oil in a 4-quart heavy saucepan over moderate heat, stirring, until softened, 6-10 minutes. Add the puréed tomatoes, tomato paste, brown sugar, vinegar, and salt. Simmer uncovered, stirring occasionally, until very thick, about 1 hour.

Let cool slightly. Purée the ketchup in 2 batches in blender until smooth. Chill covered, at least 2 hours.

Ketchup can be chilled up to 3 weeks.

## Beer-Battered Onion Rings



¼ cup flour  
1 Tbsp. cornstarch  
½ tsp. garlic powder  
¼ tsp. cayenne pepper  
¼ tsp. salt  
½ cup brown ale

1 cup fine yellow cornmeal  
1 large sweet onion, sliced into  
½-inch-thick rings  
canola or olive oil cooking spray

Whisk the flour, cornstarch, garlic powder, cayenne, and salt in a medium bowl. Whisk in the ale until combined.

Place the cornmeal in a shallow bowl.

Separate the onion slices into rings and dip in the batter, letting the excess drip off. Then dredge in the cornmeal.

Place in the air fryer basket and coat the onion rings with cooking spray.

Bake in batches at 400 degrees for 6-8 minutes. Turn, coat the other side with cooking spray, and bake until browned and crispy, 6-8 minutes more.

*Tip: These can be made gluten-free by substituting gluten-free flour and cornmeal for their normal counterparts.*



## Roasted Butternut Squash



1-2 lb. squash, peeled, seeded,  
and cubed

¼ cup brown sugar

2 Tbsp. butter, melted

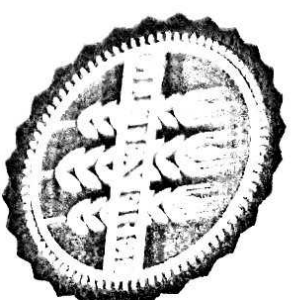
¾ Tbsp. fresh grated ginger

1 tsp. chopped rosemary

In a bowl, place the squash, brown sugar, butter, ginger, and rosemary. Toss until coated.

Put the squash in the air fryer basket and bake at 330 degrees for 10 minutes. Toss the squash and bake for another 8-10 minutes at 400 degrees.

# Loaded Potato Skins Filled with Bacon, Cheddar, and Sour Cream



- 3 potatoes
- canola oil spray
- 4 ounces cheddar cheese, shredded
- 3 strips bacon, cooked and crumbled
- ½ cup sour cream
- 2 scallions, finely chopped

Microwave potatoes until cooked through.

Cut in half horizontally. Use a spoon to carefully scoop out the insides, reserving the scooped potatoes for another use, leaving about ¼ inch of potato on the skin.

Place inside the air fryer basket and spray lightly with canola oil.

Bake at 400 degrees for 10 minutes until golden.

Sprinkle the insides with the cheddar cheese and crumbled bacon. Return to the oven. Bake for an additional 2 minutes, or until the cheese is bubbly. Remove from the oven. Use tongs to place skins on a serving plate.

Add a dollop of sour cream to each skin and sprinkle with scallions.

# Garlic Parmesan Fries



1 tsp. olive oil  
1 clove garlic, crushed  
canola cooking spray  
3 potatoes

4 tsp. fresh grated Parmesan  
cheese  
salt and black pepper

Combine the oil and crushed garlic in a large bowl.

Cut the potato lengthwise into wedges (8 wedges for each potato). Rinse them in cold water and pat dry. Place them in a single layer on a microwavable plate and microwave for 1½ minutes on high.

Remove them from the microwave and place them in the bowl with garlic and oil. Toss in the grated cheese and coat evenly.

Season with salt and black pepper. Place in a single layer, in batches, in the air fryer basket. Bake at 400 degrees for about 10 minutes on each side, until golden brown.

## **Mozzarella Cheese Sticks**

12 mozzarella string cheese sticks  
2 eggs, beaten  
2 cups Italian seasoned  
breadcrumbs

½ cup grated Parmesan cheese  
½ cup flour  
canola oil

Open each package of string cheese. Separate the cheese sticks and freeze for 1 hour.

Put the eggs in a medium bowl. In a separate medium bowl, mix the breadcrumbs together with the Parmesan cheese.

Place the flour in a large ziplock bag.

Add the cheese sticks to the bag with the flour and shake to coat them.

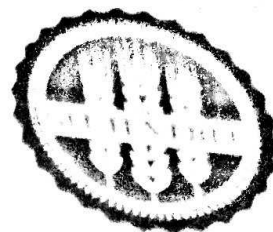
Take each cheese stick out of the bag, dip it in the eggs, and then dip it in the breadcrumb mixture.

Put the cheese sticks in a single layer in the basket. Do not overcrowd.

Bake at 400 degrees for about 8 minutes, turning over halfway through.

Serve with your favorite marinara as a dipping sauce.

## Sweet Potato Fries —Any Which Way!



2 lbs. sweet potatoes  
¼ cup olive or other vegetable oil  
1-2 Tbsp. sugar

1 Tbsp. salt  
2 Tbsp. spice of choice

Peel the sweet potatoes and cut off the ends. Cut them in half lengthwise and then, if they are very long, in half crosswise. Cut each piece into wedges.

Rinse the potatoes with water. Place on a microwave-safe plate and microwave for 3 minutes on high.

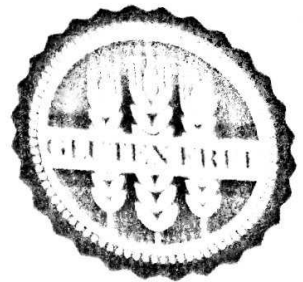
Take the potatoes out and let them cool slightly.

Put the sweet potatoes into a large bowl and add the oil. Mix well to combine.

Sprinkle with the salt, sugar, and spices of your choice. Coat the potatoes well. Spread the sweet potatoes out in a single layer. Bake at 400 degrees for 25 minutes, turning halfway through.

*Note: Delicious and crispy—you add your own spice! Pick whatever you love! Here are a few suggestions: chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, or Cajun seasoning.*

# Rosemary Honey Chicken



2 chicken breasts  
1 tsp. olive oil  
ground pepper, to taste  
sea salt, to taste

1 spring rosemary, roughly  
chopped  
½ tsp. red pepper flakes  
2 tsp. honey

Rinse the chicken breasts and pat them dry. Lightly coat the chicken all over with olive oil.

Sprinkle the skin-side up with some ground pepper, a pinch of sea salt, the dried red pepper flakes, the chopped rosemary, and a drizzle of honey.

Place in the center of the air fryer basket and bake 12-15 minutes or until done at 330 degrees.



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# THE NEW airfryer COOKBOOK



# BBQ Popcorn Chicken

Escape the mess of deep-frying popcorn chicken with an easy ten minutes in the Airfryer. For a recipe shortcut, substitute your favorite store-bought barbecue sauce for the homemade version here.

In a mixing bowl, toss the chicken in black pepper and 1 tablespoon salt. Refrigerate for 30 minutes.

In a large bowl, combine the flour, baking powder, and 2 teaspoons salt. In another large bowl, whisk together the buttermilk, Tabasco, and eggs.

Set a wire rack atop a baking sheet. Working in batches, coat the chicken pieces in the flour mixture, shaking off the excess. Dip into the buttermilk mixture, allowing the excess to drip back into the bowl. Transfer again to the flour mixture, turning to coat evenly, and place on the wire rack. Let rest at room temperature for 30 minutes.

Preheat the Airfryer to 400°F.

Coat the chicken pieces with cooking spray. Working in batches, arrange the chicken in a single layer in the cooking basket and insert the basket into the Airfryer. Cook until very crispy and golden brown, about 10 minutes, flipping halfway through.

Meanwhile, make the BBQ sauce: In a small saucepan over medium heat, combine all of the ingredients and simmer until slightly reduced and darkened in color, about 10 minutes.

Transfer the chicken to a bowl, drizzle the BBQ sauce over the top, and toss to coat evenly. Serve right away with any remaining BBQ sauce on the side for dipping.

SERVES 4

2 lb boneless, skinless chicken breasts and thighs, cut into 1-inch pieces

1 tablespoon freshly ground black pepper

Kosher salt

2 cups all-purpose flour

2 tablespoons baking powder

2 cups buttermilk

1 tablespoon Tabasco sauce

2 large eggs

Cooking spray

## For the BBQ sauce

$\frac{2}{3}$  cup ketchup

$\frac{1}{2}$  cup apple cider vinegar

$\frac{1}{4}$  cup firmly packed golden brown sugar

2 teaspoons smoked paprika

2 teaspoons granulated garlic

1 teaspoon chili powder

1 teaspoon kosher salt

Pinch of cayenne pepper