



COOK'S[®]
COMPANION

AIR FRYER OVEN- RECIPE BOOK

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BACON

INGREDIENTS

- 1 Pound sliced bacon
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PREPARATION

Place 6-7 slices of bacon in a single layer on one rack. Cook on the top rack at 390°F for 11 minutes.

Serves 8.



QUICHE

INGREDIENTS

- 5 Eggs
- 2 Tablespoons olive oil
- 2 Tablespoons butter
- 1 Onion, chopped
- 1 Leek, bottom half cleaned and chopped
- 1/4 Teaspoon crushed red pepper
- 1 Bag fresh spinach leaves
- 3/4 Cup cheddar cheese
- 3/4 Cup heavy cream
- 1 Cup milk
- Salt & pepper

PREPARATION

In a skillet, heat the oil and butter until melted. Add onion, leek, crushed red pepper, salt and pepper. Cook until tender. Add spinach and cook down for about 4 minutes. Let cool. In a separate bowl, whisk together the eggs, heavy cream and milk. Spray the bottom and sides of a 9 inch tart pan with non-stick cooking spray. Spread half of the onion mixture in the bottom of the pan. Layer on half of the cheese, then the remaining onion mixture, followed by the rest of the cheese. Ladle on the egg mixture and spray top of quiche with non-stick cooking spray. Set a rack upside down on the bottom shelf. This provides the perfect place for a tart pan. Cook at 325°F for 20 minutes. Let stand in the unit set for 5 minutes.

Serves 6.



JALAPEÑO POPPERS

INGREDIENTS

- 7 Fresh jalapeño peppers
- 8 Ounces cream cheese
- 4 Ounces shredded sharp cheddar cheese
- 1/2 Cup cooked chopped bacon
- 1/4 Teaspoon granulated onion
- 1/4 Teaspoon granulated garlic
- 1/4 Teaspoon paprika
- Dash of hot sauce
- Salt & pepper
- 2 Tablespoons olive oil
- 4 Tablespoons panko bread crumbs
- Non-stick cooking spray

PREPARATION

Start with all ingredients at room temperature. Cut the jalapeños lengthwise. Remove the stem and seeds with a spoon. Coat them with olive oil and set on the rack. In a medium bowl, mix together cream cheese, cheddar cheese, bacon, onion, garlic, paprika, hot sauce, salt and pepper to taste. Press mixture in the jalapeños. Cook on the center rack at 350°F for 4 minutes. Carefully take out of your Oil-less Fryer Oven and press the panko bread crumbs into the tops of each jalapeño. Gently spray the bread crumbs with non-stick cooking spray. Cook on the center rack at 375°F for 4 more minutes. Let rest for a few minutes before serving.

Serves 7.



POTATO SKINS

INGREDIENTS

- 3 Pounds red potatoes
 - 12 Ounces shredded shar Cheddar cheese
 - 1 Cup sour cream
 - 1/2 Cup cooked bacon
 - 1/4 Cup chopped chive
 - 3-4 Tablespoons olive oil
 - Salt & pepper
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PREPARATION

In a large pot, cover the potatoes with cold water and boil for about 40 minutes until tender. Drain and let completely cool. This can be done the day before and refrigerated overnight. Cut the potatoes lengthwise. With a spoon or an ice cream scoop, remove the centers. Rub olive oil on both sides and add salt and pepper to taste. Cook on the top rack at 400°F for 8 minutes. Carefully remove the hot rack and add cheese. Cook for 2 more minutes at 400°F. Top with bacon, sour cream and chives.

Serves 12.



STUFFED MUSHROOMS

INGREDIENTS

- 4-6 Portabella mushroom caps
- 6 tablespoons olive oil (divided)
- 6 tablespoons Butter, melted
- 1 Pound hot Italian sausage
- 2 Shallots
- 2 Celery stalks
- 1 Cup panko bread crumbs
- 1 Cup shredded mozzarella cheese
- 1/2 Cup shredded parmesan cheese
- 1 Egg, beaten
- 1 Teaspoon fresh thyme
- Salt & pepper

PREPARATION

In a skillet, brown the Italian sausage and set aside to cool. In the same skillet, cook finely chopped shallots and celery in 2 tablespoons of olive oil for 3-5 minutes until tender. Clean the mushrooms off with dry towel. Brush both sides with olive oil (which will soak into the mushrooms) and add salt and pepper to taste. Mix together Italian sausage, shallots, celery, bread crumbs, mozzarella and Parmesan cheese, egg, half the melted butter and thyme. Fill the mushrooms with stuffing and top with remaining melted butter. Cook on the middle rack at 370°F for 10 minutes.

Serves 6.



PORK CHOPS

INGREDIENTS

- 4 Thick cut bone in pork chops
- 1/3 Cup olive oil
- 2 Tablespoons brown sugar
- 1 Lemon, zest and juice
- 2 1/2 Tablespoons spicy mustard
- 1 Teaspoon course ground mustard
- 4 Cloves garlic, chopped
- 2 Teaspoons dried thyme
- 1 Teaspoon granulated onion
- 1 Teaspoon liquid smoke
- 2 Teaspoons white vinegar
- 1 Teaspoon worcestershire sauce
- 1/2 Teaspoon parsley flakes
- Salt & pepper

PREPARATION

In a medium mixing bowl, whisk together olive oil, brown sugar, lemon zest and juice, both mustards, garlic, thyme, onion, liquid smoke, vinegar, Worcestershire sauce, parsley, salt and pepper. Put the pork chops and mixture together in large, resealable plastic bag and marinate for 3 hours or overnight in the refrigerator. Cook on the top rack at 350°F for 20 minutes. Let rest for 5 minutes.

Serves 4.



BBQ CHICKEN DRUMSTICKS

INGREDIENTS

- 8 Chicken drumsticks
- 3 Tablespoons olive oil
- Salt and pepper
- BBQ sauce

PREPARATION

Dry the chicken. Coat with olive oil, salt and pepper. Cook on the middle rack at 370°F for 10 minutes. Baste with BBQ Sauce and cook additional 20 minutes at 370°F.

Serves 4.



ROASTED CHICKEN LEGS

INGREDIENTS

- 4 Chicken leg quarters
- 3 Tablespoons olive oil
- 1 Teaspoon hot sauce
- 1 Tablespoon italian seasoning
- 1 Teaspoon kosher salt
- 1/4 Teaspoon spanish paprika
- 1/4 Teaspoon granulated onion
- 1/4 Teaspoon granulated garlic
- 1/4 Teaspoon crushed red pepper
- 1/4 Teaspoon ground pepper

PREPARATION

In a small bowl, mix the Italian seasoning, salt, paprika, onion, garlic, red pepper and pepper, and set aside. Dry the chicken leg quarters. Rub with olive oil and hot sauce, then cover with seasoning mix on both sides. Cook on the middle rack at 370°F for 30 minutes. Flip and cook at 370°F for 10 minutes.

Serves 4.



PARMESAN CRUSTED COD

INGREDIENTS

- 1 Pound fresh cod
 - 1 Lemon, zest and juice
 - 4 Tablespoons butter, melted
 - 1/4 Cup panko bread crumbs
 - 1/4 Cup grated parmesan cheese
 - 1/4 Teaspoon granulated garlic
 - Salt & white pepper
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PREPARATION

Dry the cod with a paper towel and drizzle on half of the melted butter. In a small bowl, mix the bread crumbs, Parmesan cheese, zest of the lemon, and garlic. Add salt and white pepper to taste. Cover the fish with the mixture. Drizzle on the remaining butter and squeeze on the lemon juice. Cook on the middle rack at 325°F for 15 minutes.

Serves 2.



CARIBBEAN SALMON

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INGREDIENTS

- 2 Salmon filets, skin removed
 - 3 Tablespoons butter, melted
 - 1 Lemon, zest and juice
 - 1 Tablespoon fresh rosemary, chopped
 - 1 Tablespoon fresh parsley, chopped
 - 2 Garlic cloves, chopped
 - 1/4 Teaspoon red pepper flakes
 - Salt & pepper
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PREPARATION

Mix together the butter, lemon zest and juice, rosemary, parsley, garlic, red pepper flakes, salt and pepper. Cover the salmon with the mixture. Cook on the top rack at 325°F for 12 minutes.

Serves 2.



SHRIMP TACOS

INGREDIENTS

- 2 Pound raw shrimp, shells and tail removed
- 1/3 Cup olive oil
- 2 Ancho chiles, dried
- 1 Pasilla chile, dried
- 1 Tablespoon white vinegar
- 2 Limes
- 1 Teaspoon kosher salt
- 2 Cloves garlic
- 1/2 Teaspoons honey
- 1/2 Teaspoon liquid smoke
- 1 Teaspoon paprika
- 1/2 Teaspoon cumin
- 1/2 Teaspoon dried thyme
- Salt & pepper
- 12 Corn tortilla
- 1 Jalapeño, sliced
- Cilantro
- 2 Cups coleslaw
- 1 Red onion, thinly sliced

PREPARATION

Place dried chiles in a medium bowl. Cover with hot water and let soak for 30 minutes. Remove from the water, then remove the stems and seeds and put the chiles into a blender. Add vinegar, juice of 1 lime, salt, garlic, honey, liquid smoke, paprika, cumin, thyme, salt, pepper and olive oil. Blend until smooth. Add the shrimp and marinate in large resealable plastic bag and marinate for 30 minutes. Cook on the top rack at 320°F for 12 minutes. Serve in warm tortillas, with coleslaw. Garnish with cilantro, jalapeño and red onion.

Serves 6.



STUFFED ACORN SQUASH

INGREDIENTS

- 1 Acorn squash
- 1 Tablespoon olive oil
- 1/2 Cup dried cranberries
- 1/2 Cup chopped walnuts
- 1/4 Cup chopped apple
- 3 Tablespoons butter, melted
- 1/4 Cup brown sugar
- 1/4 Teaspoon cinnamon
- 1/2 Teaspoon orange zest
- Salt & pepper

PREPARATION

Cut the acorn squash in half and scrape out the centers with spoon. Rub both sides of the squash with olive oil, salt and pepper. Cook on the middle rack at 350°F for 3 minutes. In a medium bowl, combine the cranberries, walnuts, peeled and diced apple, butter, brown sugar, orange zest and cinnamon. With a fork, poke a few holes inside the acorn squash and fill with the mixture. Cook at 350°F for 15 minutes.

Serves 4.



MEXICAN STREET CORN

INGREDIENTS

- 4 Ears corn on the cob in husks
- 1/2 Cup mayonnaise
- 1/2 Cup sour cream
- 1/4 Cup cilantro, chopped
- 1/2 Cup queso fresco cheese
- 1 Lime, juiced
- 1 Teaspoon chili powder
- 1 Garlic clove, minced
- 1/4 Teaspoon hot sauce

PREPARATION

Cut the ends of the corn on the cob to remove most of the silk and stalk, leaving the cobs in the husks. Soak in water to moisten the husks for about 5 minutes. Cook on the middle rack at 400°F for 20 minutes, turning them half way through. In a medium bowl, whisk together mayonnaise, sour cream, lime juice, chili powder, garlic and hot sauce. The corn will be hot, so carefully remove the husks and any remaining silk with kitchen towels. Break the cobs in half and put in a large bowl. Add the mayonnaise mixture until evenly coated. Cook for an additional 5 minutes at 400°F on the top rack. Finish with cilantro and crumbled queso fresco cheese. Serve on salad.

Serves 4.



ROASTED ASPARAGUS

INGREDIENTS

- 2 Pounds Asparagus
- 3 Tablespoons olive oil
- 1 Tablespoon grated Parmesan cheese
- 1/2 Teaspoon granulated garlic
- Splash of balsamic vinegar
- Salt and pepper

PREPARATION

Coat the asparagus with olive oil, Parmesan cheese, garlic, vinegar, salt and pepper. Cook on the top rack with a single layer at 360°F for 12 minutes.

Serves 6.



ROASTED VEGETABLES

INGREDIENTS

- 7 Brussels sprouts
- 2 Carrots
- 9 Small potatoes (3 each purple, gold and red)
- 2 Beets
- 3 Tablespoons olive oil
- 1/2 Teaspoon herbs de provence
- 1/2 Teaspoon granulated garlic
- 1/4 Teaspoon granulated onion
- Salt and pepper

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PREPARATION

Cut all the vegetables into same size pieces. Toss into a mixing bowl with olive oil and spices until evenly coated. Cook in a single layer on the top rack at 375°F for 12 minutes.

Serves 6.



CHOCOLATE CUPCAKES

INGREDIENTS

- 4 Ounces bittersweet chocolate
- 1/3 Cup cocoa powder
- 3/4 Cup hot coffee
- 1 Cup all purpose flour
- 3/4 Cup sugar
- 1/2 Teaspoon baking soda
- 1/2 Teaspoon salt
- 1/4 Cup vegetable oil
- 2 Eggs
- 2 Teaspoons white vinegar
- 1 Teaspoon vanilla extract

PREPARATION

Place the bittersweet chocolate and cocoa powder in a medium bowl. Add hot coffee and whisk until smooth. Set aside to cool completely or refrigerate for 20 minutes. Mix flour, sugar, baking soda and salt together. In a separate bowl, whisk to combine vegetable oil, eggs, vinegar and vanilla. Add cooled chocolate mixture to wet ingredients and whisk until smooth. Then add the flour mixture and whisk until smooth. Turn the drip pan upside down and set on the bottom rack. Pour the batter into individual paper lined silicon cupcake forms. Cook 6 cupcakes at a time. Cook at 325°F for 14 minutes. Let cool completely before frosting.

Makes 18 cupcakes.



CHOCOLATE LAYER CAKE

INGREDIENTS

- 1 1/4 Cups flour
- 1 Cup sugar
- 1/4 Cup cocoa powder
- 1 Ounces bittersweet chocolate, chopped
- 1 1/2 Teaspoon baking soda
- 1 Teaspoon baking powder
- 1/2 Teaspoon salt
- 1/2 Cup buttermilk
- 1/4 Cup vegetable oil
- 2 Eggs
- 1 Teaspoon vanilla extract
- 1/2 Cup hot coffee

PREPARATION

Whisk together the flour, sugar, cocoa, baking soda, baking powder and salt. Add the bittersweet chocolate to the hot coffee and stir until the chocolate is melted. In s separate bowl, mix the buttermilk, vegetable oil, eggs, vanilla and coffee mixture on low speed until combined. Slowly add dry ingredients into wet ingredients. Coat two deep 7" round cake pans with butter then sprinkle with flour. Turn and shake pan until evenly coated. Line the bottoms with parchment paper. Divide batter into the prepared cake pans. Cut one piece of parchment paper about 18 inches long and fold in half. Use this to cover filled cake pan and tuck the ends under the pan. This will prevent the top from cooking too fast. Turn over the drip pan and set on the bottom rack. Run your Oil-less Fryer Oven empty at 400°F for 3 minutes to preheat. Cook one layer at a time. Cook at 320°F for 30 minutes. Remove parchment paper for the last 10 minutes. Let cool completely before frosting.

Serves 8.



VANILLA LAYER CAKE

INGREDIENTS

- 3/4 Cup butter, softened
- 1 Cup milk
- 1 1/2 Cups sugar
- 6 Jumbo egg whites, firm peaks
- 1 Teaspoon clear vanilla extract
- 3 Cups cake flour
- 2 Teaspoons baking powder
- 1/2 Teaspoon salt

PREPARATION

Using a stand mixer with whisk attachment, whisk egg whites to firm peaks. Transfer to another bowl and refrigerate until needed. Switch to beater blade and cream the butter until it appears white. Add sugar, beat until fluffy, and add vanilla. Whisk flour, baking powder and salt together. Alternate adding flour mixture and milk until the batter is combined. Fold in egg whites. Coat two deep 7" round cake pans with butter then sprinkle with flour. Turn and shake the pan until evenly coated. Line the bottoms with parchment paper. Divide the batter into the prepared cake pans. Cut one piece of parchment paper about 18 inches long and fold in half. Use this to cover filled cake pan and tuck ends under pan. This will prevent the top from cooking too fast. Turn over the drip pan and set on the bottom rack. Run your Oil-less Fryer Oven empty at 400°F for 3 minutes to preheat. Cook one layer at a time. Cook at 320°F for 30 minutes. Remove the parchment paper for the last 10 minutes. Let cool completely before frosting.

Serves 8.



CARROT CAKE

INGREDIENTS

- 6 Medium carrots, grated
- 2 1/2 Cups all purpose flour
- 1 Teaspoon baking soda
- 1 Teaspoon baking powder
- 1/2 Teaspoon salt
- 1/4 Teaspoon ground allspice
- 1/4 Teaspoon cinnamon
- 1/4 Teaspoon nutmeg
- 1 1/4 Cups sugar
- 1/4 Cup brown sugar
- 3 Large eggs
- 1 Cup plain yogurt
- 1/2 Cup vegetable oil
- 2 Cups cream cheese frosting

PREPARATION

Grate the carrots and set aside in a large mixing bowl. In a separate bowl, whisk together flour, baking soda, baking powder, salt, allspice, cinnamon and nutmeg. Mix the flour mixture with the carrots until the carrots are evenly coated. Whisk together yogurt, vegetable oil, eggs, sugar and brown sugar. Mix with the carrots. Coat two 7" round cake pans with nonstick cooking spray. Line the bottoms with parchment paper. Turn over the drip pan and set on the bottom rack. Run your Oil-less Fryer Oven empty at 400°F for 3 minutes to preheat. Divide batter into the prepared cake pans. Cook one layer at a time. Cook at 320°F for 35 minutes. Let cool completely before frosting.

Serves 8.



SNICKER DOODLE COOKIE

INGREDIENTS

- 1/2 Cup butter
- 3/4 Cup sugar
- 1 Egg
- 3 Drops almond extract
- 1 1/2 Cups all purpose flour
- 1 Teaspoon cream of tartar
- 1/2 Teaspoon baking soda
- 1/4 Teaspoon kosher salt
- 3 Tablespoons sugar
- 1 Teaspoon cinnamon

PREPARATION

Start with all ingredients at room temperature. Cream together the butter, sugar, egg and almond extract with a hand mixer until smooth. In a separate bowl, whisk together the flour, cream of tartar, baking soda, and salt. Add dry ingredients to the butter mixture. Roll 1 tablespoon portion of balls in the remaining sugar and cinnamon. Use the drip pan facing upside down set on the bottom rack as cookie sheet. Cover it with a piece of parchment paper (9 1/2 inches x 7 1/2 inches). Bake 6 cookies at a time at 400°F for 7 minutes.

Makes 24 cookies.



