



AIR FRYER OVEN XL

RECIPE BOOKLET

Colston

Since 1955

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Bacon

SERVING SIZE:

Serving Size 5 Portions

INGREDIENTS:

10 bacon slices

PREPARATION:

Divide the bacon in half, and place the first half in the air fryer basket. Place basket in air fryer. Cook for 5 minutes at 400 degrees. Remove basket and rearrange bacon strips as needed. Place basket back in air fryer and cook at 400 degrees for another 5 minutes. Depending on bacon thickness, the time may vary. Check for desired final result. For extra crispiness, add about 1.5 minutes extra to the cooking time for a total of 11.5 minutes.



Quiche

SERVING SIZE:

Serving Size 1 Portion

INGREDIENTS:

1 egg
3-4 tablespoons of heavy cream
4-5 tiny broccoli florets
1 tablespoon of finely grated cheddar cheese

PREPARATION:

Whisk together egg and cream. Lightly grease a 5" ceramic quiche dish. Spread broccoli florets on the bottom of the quiche dish. Pour in the egg mixture and top with grated cheddar cheese. Place in air fryer at 325 degrees for 10 minutes, serve immediately.



Tender Juicy Smoked BBQ Ribs

SERVING SIZE:

Serving Size 4 Portions

INGREDIENTS:

1 rack ribs (baby back or spare ribs)	Salt and pepper to taste
1 tablespoon of liquid smoke	1/2 cup of BBQ sauce
2-3 tablespoons of pork rub	

PREPARATION:

Remove the membrane from the back of the ribs. Cut the ribs in half or as needed so the ribs are able to fit in the air fryer. Drizzle the liquid smoke over ribs. Season the ribs with the pork rub, salt and pepper. Cover the ribs and allow the ribs to sit at room temperature for 30 minutes. Place ribs in air fryer. Cook for 15 minutes at 360 degrees. Remove basket, flip ribs, and cook at 360 degrees for another 10 minutes. Remove the ribs from the air fryer and drizzle the ribs with BBQ sauce, serve immediately.



Chicken Drumsticks

SERVING SIZE:

Serving Size 4 Portions

INGREDIENTS:

8 chicken drumsticks	1 teaspoon of garlic powder
2 tablespoon of olive oil	1 teaspoon of paprika
1 teaspoon of sea salt	1/2 teaspoon of cumin
1 teaspoon of fresh cracked pepper	

PREPARATION:

In a small bowl, combine herbs and spices. Set aside. Place drumsticks in a bowl or a plastic bag and drizzle with olive oil and sprinkle the herbs and spices all over the drumsticks. Toss to coat. Preheat air fryer at 400 degrees for 2-10 minutes. Place drumsticks in air fryer basket and cook for 10 minutes at 400 degrees. Remove basket and flip chicken drumsticks and cook at 400 degrees for another 10 minutes. If chicken is not 165 degrees internally, add another 5 minutes of cook-time. Time may vary based on drumstick size. When chicken has reached 165 degrees internally, serve immediately.



Salmon

SERVING SIZE:

Serving Size 2 Portions

INGREDIENTS:

2 (6-oz.) salmon fillets
Kosher salt
Freshly ground black pepper
2 teaspoon extra-virgin olive oil
2 tablespoon whole grain mustard
1 tablespoon packed brown sugar
1 clove garlic, minced
1/2 teaspoon thyme leaves

PREPARATION:

Season salmon with salt and pepper. In a small bowl, whisk together oil, mustard, sugar, garlic, and thyme. Spread on top of salmon. Place salmon in air fryer basket. Set air fryer to 400 degrees and cook for 10 minutes.



Brussels Sprouts

SERVING SIZE:

Serving Size 4 Portions

INGREDIENTS:

1 pound of Brussels sprouts	1 medium shallot
1 tablespoon of olive oil	2 tablespoons of unsalted butter
1/2 teaspoon of kosher salt	1 teaspoon of red wine vinegar

PREPARATION:

Heat the air fryer to 375 degrees. Trim 1 pound Brussels sprouts. Cut in half any that are larger than an inch wide. In a medium bowl add Brussel sprouts, olive oil and the kosher salt, toss to coat. Place Brussels sprouts in air fryer and shake into a single layer. Cook for 8 minutes at 375 degrees, remove and shake basket. Cook at 375 degrees for another 8 minutes. Meanwhile, prepare the shallot butter. Finely chop the shallot. Melt unsalted butter in a medium microwave-safe bowl or medium saucepan over low heat, then remove from heat. Add the shallots and red wine vinegar, stir to combine. When the Brussels sprouts are ready, transfer into bowl or saucepan with the shallot butter and toss to combine. Serve immediately.



Sweet Potato Fries

SERVING SIZE:

Serving Size 2 Portions

INGREDIENTS:

2 medium sweet potatoes
1 tablespoon of extra virgin olive oil
1/2 teaspoon of garlic powder
1/2 teaspoon of chili powder
Kosher salt
Freshly ground black pepper

PREPARATION:

Peel and cut sweet potatoes into ¼ inch sticks. In a large bowl, toss sweet potatoes together with oil, garlic powder, chili powder, kosher salt, and ground pepper. Spread an even layer of sweet potato fries in fryer basket. Work in batches. Cook each batch at 375 degrees for 8 minutes. Remove basket, flip fries and cook for another 8 minute at 375 degrees. Serve immediately.



Brownies

SERVING SIZE:

Serving Size 2 Portions

INGREDIENTS:

1/2 cup of granulated sugar

1/3 cup of cocoa powder

1/4 cup of all-purpose flour

1/4 teaspoon of baking powder

Pinch of Kosher salt

1/4 cup of butter, melted

1 large egg

PREPARATION:

Grease a 6" round cake pan with cooking spray. In a medium bowl, whisk together sugar, cocoa powder, flour, baking powder, and salt. In a small bowl, whisk together melted butter and egg until well combined. Make sure that butter once melted is slightly cooled. Add wet ingredients to dry ingredients and mix together. Transfer brownie batter to prepared cake pan and smooth the top. Cook at 350 degrees for 16-18 minutes. Let cool 10 minutes before slicing and serving.

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