

SHAQTM

Air Fryer



Rotisserie Recipe Book

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HERB ROASTED TURKEY

serves 6

Ingredients

2 turkey breasts, trimmed
2 sprigs rosemary
4 sprigs thyme
4 sprigs sage
4 cloves garlic
1 tsp. sea salt
1 tsp. ground black pepper
3 tbsp. olive oil

Directions

1. Chop the rosemary, thyme, sage, and garlic and mix with the olive oil.
2. Rub the turkey breast with the herb mixture and refrigerate for 1 hr.
3. Fold the turkey in half and place the Rotisserie Shaft through the turkey. Secure the Shaft with the Forks.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 40 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the turkey. The turkey is done when the internal temperature reaches 160° F/70° C.
6. Let the turkey rest for 10 mins. before slicing.



BACON-WEAVED STUFFED TURKEY

serves 6

Ingredients

1 turkey breast, boneless
1 tsp. salt
1 tsp. ground black pepper
1 ½ cups cornbread stuffing, cooked
10 slices bacon

Directions

1. Slice the turkey breast down the middle and open it to butterfly.
2. Make a weave with the bacon on wax paper.
3. Place the butterflied turkey breast over the bacon weave. Season with the salt and ground black pepper.
4. Spoon the stuffing into the center of the turkey. Roll the turkey with the bacon.
5. Tie the ends and middle of the turkey with string.
6. Place the Rotisserie Shaft through the center of the turkey. Secure the Shaft with the Forks.
7. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
8. Use a meat thermometer to measure the internal temperature of the turkey. The turkey is done when the internal temperature reaches 160° F/70° C.
9. Serve with roasted asparagus.



ROTISSERIE CHICKEN

serves 4

Ingredients

4 lb. whole chicken
1 tsp. granulated garlic
1 tsp. granulated onion
1 tsp. sea salt
1 tsp. ground black pepper
1 tsp. paprika

Directions

1. Tie the chicken legs together, tie the breast area with a second string, and wrap a third string around the drumsticks.
2. Push the Rotisserie Shaft through the opening in the chicken. Secure the Shaft with the Forks.
3. Coat the chicken with the seasonings.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
5. Let the chicken rest for 10–15 mins. before serving.

STACKED SOUVLAKI CHICKEN

serves 8

Ingredients

1/4 cup olive oil
2 tbsp. lemon juice
1 tsp. salt
1 tsp. ground black pepper
1 tsp. oregano
8 boneless, skinless chicken breasts

Directions

1. Combine all the ingredients in a sealable plastic bag.
2. Marinate the ingredients in the bag for 20 mins. in the refrigerator.
3. Fold each chicken breast in half. Place the Rotisserie Shaft through the chicken. Secure the Shaft with the Forks.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and decrease the cooking time to 25 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the chicken. The chicken is done when the internal temperature reaches 165° F/75° C.

CORNISH HENS

serves 2

Ingredients

1 tsp. salt
1 tsp. ground black pepper
1 tsp. garlic powder
1 sprig rosemary, chopped
2 cornish hens

Directions

1. Mix the salt, ground black pepper, garlic powder, and rosemary together in a small bowl.
2. Rub the spices and herbs generously onto the hens.
3. Place the Rotisserie Shaft through the hens. Secure the Shaft with the Forks.
4. Tuck the wings and tie the wings and legs with twine to keep the hens in place.
5. Place the Shaft in the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 35 mins. to begin the cooking cycle.
6. Use a meat thermometer to measure the internal temperature of the hens. The hens are done when the internal temperature reaches 160° F/70° C.



SOUTHWEST PORK TENDERLOIN

serves 4

Ingredients

2 pork tenderloins
1 tbsp. paprika
 $\frac{1}{2}$ tbsp. cumin
 $\frac{1}{2}$ tbsp. coriander
2 tbsp. sriracha sauce
 $\frac{1}{2}$ tbsp. sea salt
3 tbsp. brown sugar
3 tbsp. lime juice
2 cloves garlic, minced

Directions

1. Combine all the ingredients in a bowl.
2. Marinate the tenderloins in the refrigerator for 2 hrs.
3. Place the Rotisserie Shaft through the tenderloins. Tie the tenderloins with butcher's twine. Secure the Shaft with the Forks.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C for 30 mins.) to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the tenderloins. The tenderloins are done when the internal temperature reaches 155° F/70° C.
6. Let the tenderloins rest before slicing.



BONELESS BBQ RIBS

serves 4

Ingredients

1 ½ lb. boneless ribs
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. sea salt
½ tsp. coriander
½ tsp. cumin
½ tsp. paprika
½ tsp. ground black pepper
½ cup barbecue sauce

Directions

1. Combine the garlic powder, onion powder, sea salt, coriander, cumin, paprika, and ground black pepper in a bowl to make the spice mixture.
2. Rub the ribs with the spice mixture.
3. Place the Rotisserie Shaft through the ribs. Secure the Shaft with the Forks.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button, decrease the cooking temperature to 350° F/177° C, and increase the cooking time to 40 mins. to begin the cooking cycle. Halfway through the cooking cycle, brush the ribs with the BBQ sauce.
5. Slice and serve.

ROTISSERIE SAUSAGE

serves 6

Ingredients

4 hot Italian sausage links

Directions

1. Place the Rotisserie Shaft through the sausage links diagonally. Secure the Shaft with the Forks.
2. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button, increase the cooking temperature to 400° F/204° C, and decrease the cooking time to 20 mins. to begin the cooking cycle.
3. Use a meat thermometer to measure the internal temperature of the sausage. The sausage is done when the internal temperature reaches 165° F/75° C.
4. Let the sausage rest before serving.

BOURBON ROTISSERIE PORK ROAST

serves 4

Ingredients

½ cup honey
½ cup light brown sugar
1 orange, zested
2 tbsp. fresh orange juice
¼ cup bourbon
½ tsp. salt
½ tsp. ground black pepper
4 lb. pork loin roast

Directions

1. Combine the honey, sugar, orange zest and juice, bourbon, salt, and ground black pepper in a small bowl and mix.
2. Place the Rotisserie Shaft through the pork roast. Secure the Shaft with the Forks.
3. Generously brush the marinade onto the pork.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 45 mins. to begin the cooking cycle. Baste the pork with the marinade every 15 mins. while the pork is cooking.
5. Use a meat thermometer to measure the internal temperature of the pork. The pork is done when the internal temperature reaches 155° F/70° C.
6. Let the pork rest for 15 mins. before slicing.



BROWN SUGAR-GLAZED HAM

serves 8

Ingredients

1 (3 lb.) ham, cut in half, boneless
1/4 cup pineapple juice
1/2 cup brown sugar
1/2 cup mustard
1/2 cup ground cloves

Directions

1. Mix the pineapple juice, brown sugar, mustard, and cloves together in a bowl to create the sauce.
2. Place the Rotisserie Shaft through the center of both ham halves. Secure the Shaft with the Forks.
3. Pour the sauce over the ham and refrigerate for 2 hrs.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (30-min. cooking time) and increase the cooking temperature to 400° F/204° C to begin the cooking cycle.
5. Let the ham rest for 10 mins. before slicing.



ROTISSERIE ROAST BEEF

SHAQ

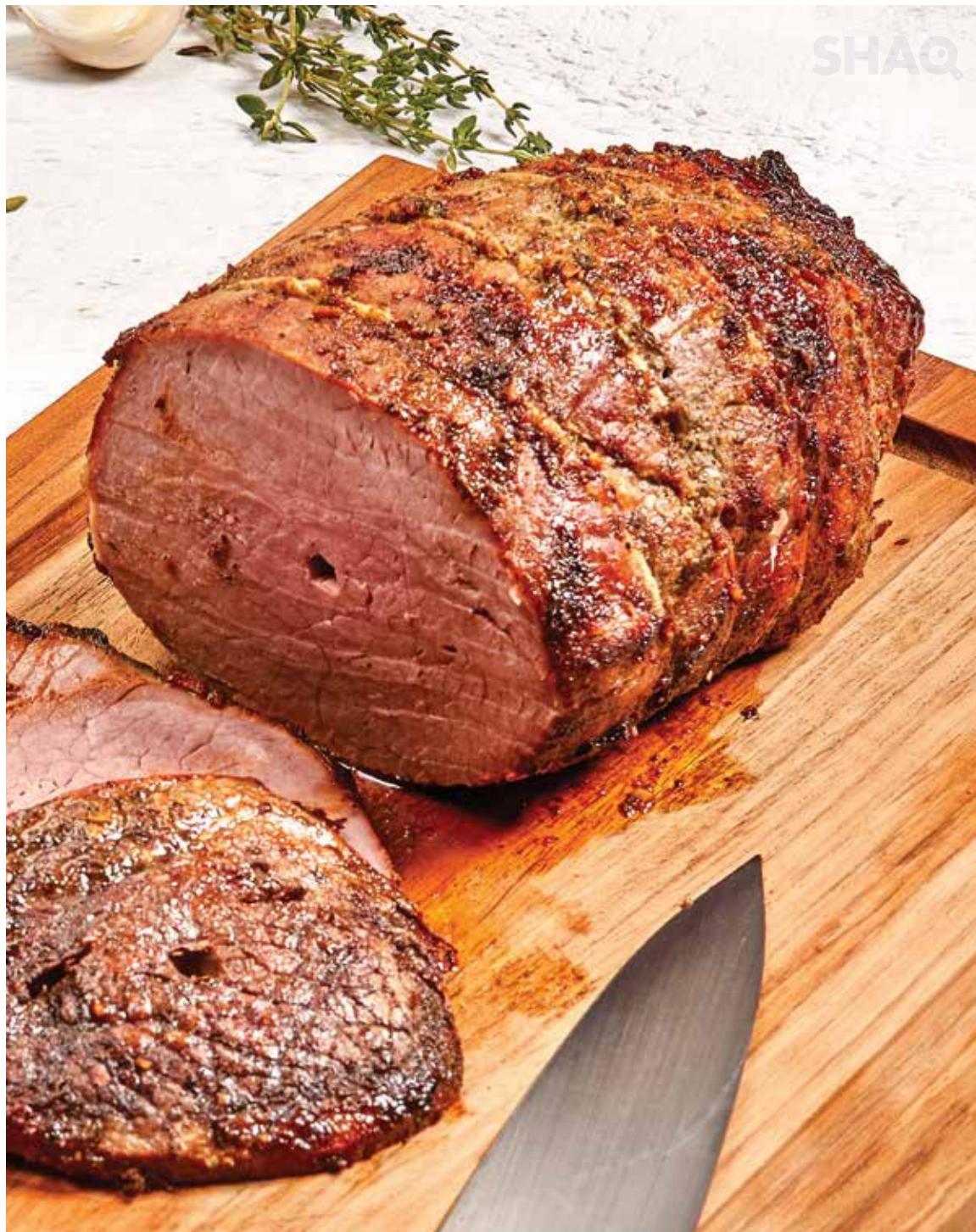
serves 4

Ingredients

1 (2 lb.) eye round
3 cloves garlic
2 sprigs thyme
 $\frac{1}{2}$ tbsp. salt
1 tbsp. onion powder
1 tsp. ground fennel
 $\frac{1}{2}$ tsp. ground black pepper
2 tbsp. olive oil

Directions

1. Chop the thyme and garlic. Mix the thyme, garlic, salt, onion powder, ground fennel, ground black pepper, and olive oil together in a bowl to make the herb mixture.
2. Rub the roast with the herb mixture and refrigerate for 1 hr.
3. Place the Rotisserie Shaft through the center of the roast. Secure the Shaft with the Forks.
4. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
5. Cook the roast to the desired doneness (use a meat thermometer to measure the internal temperature):
 - Rare: 125° F/50° C
 - Medium rare: 135° F/60° C
 - Medium: 145° F/65° C
 - Well done: 165° F/75° C
6. Let the roast rest for 10 mins. before slicing.



ITALIAN ROULADE OF BEEF

serves 8

Ingredients

1 ½ lb. flank, butterflied
¼ cup basil pesto
½ lb. provolone, sliced
3 roasted red peppers
1 tsp. sea salt
1 tsp. ground black pepper

Directions

1. Place the flank on a cutting board and spread the pesto all over one side of the flank.
2. Layer the cheese and roasted peppers on the flank.
3. Roll the flank up and tie it with string about five times from one end to the other.
4. Season the flank with the salt and ground black pepper.
5. Place the Rotisserie Shaft through the center of the roast. Secure the Shaft with the Forks.
6. Place the Shaft into the air fryer. Press the Power Button and then the Rotisserie Button (375° F/191° C for 30 mins.) to begin the cooking cycle.
7. Cook the roast to the desired doneness (use a meat thermometer to measure the internal temperature):
 - Rare: 125° F/50° C
 - Medium rare: 135° F/60° C
 - Medium: 145° F/65° C
 - Well done: 165° F/75° C
8. Let the roast rest for 10 mins. before slicing.



PRIME RIB ROAST

serves 6

Ingredients

1 tsp. garlic powder
1 tsp. onion powder
1 tsp. smoked paprika
1 tbsps. dried rosemary
1½ tsp. salt
1½ tsp. ground black pepper
4 lb. boneless rib roast

Directions

1. Combine the garlic powder, onion powder, smoked paprika, dried rosemary, salt, and ground black pepper in a small bowl to make the spice and herb mixture.
2. Rub the spice and herb mixture onto the roast.
3. Place the Rotisserie Shaft through the roast. Secure the Shaft with the Forks.
4. Place the Shaft in the Oven. Press the Power Button and then the Rotisserie Button (375° F/191° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the roast. The roast is done when the internal temperature reaches 135° F/60° C.



ROSEMARY LEMON LEG OF LAMB

serves 6

Ingredients

2 tbsp. lemon juice
2 tbsp. olive oil
1 tsp. salt
1 tsp. ground black pepper
 $\frac{1}{4}$ cup fresh rosemary, chopped
1 (4 lb.) boneless leg of lamb

Directions

1. Combine the lemon juice, olive oil, salt, pepper, and rosemary in a small bowl.
2. Place the Rotisserie Shaft through the lamb. Use twine to secure the meat. Use the Forks to secure the Shaft.
3. Generously brush the lamb with the marinade.
4. Place the Shaft in the air fryer. Press the Power Button and then the Rotisserie Button (30-min. cooking time) and increase the cooking temperature to 400° F/204° C to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the lamb.
6. The lamb is done when the internal temperature reaches 145° F/63° C.



Hot Wings

Ingredients

2 & 3 QT. **SERVES 2**

12-14 chicken wing drumettes, raw

½ cup buffalo sauce

5 & 7 QT. **SERVES 5**

30 chicken wing drumettes, raw

1 cup buffalo sauce

Directions

1. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
2. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place the chicken wings in the Basket. Insert the Basket into the air fryer.
4. Press the French Fry Button (400° F) and set the cooking time to 25 mins. Flip the chicken wings halfway through the cooking time.
5. Remove the chicken wings and toss with the buffalo sauce.
6. Return the chicken wings to the Basket. Insert the Basket into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 8 mins. Toss the wings halfway through the cooking time.



French Fries

Ingredients

2 & 3 QT. SERVES 2

1 russet potato

1 tbsp. olive oil

½ tbsp. sea salt

¼ tsp. ground black pepper

5 & 7 QT. SERVES 4+

2 russet potatoes

1 tbsp. olive oil

1 tbsp. sea salt

½ tsp. ground black pepper

Directions

1. Place a pot on the stove top. Place the potatoes in the pot and cover the potatoes with water. Blanch the potatoes over high heat until tender.
2. Remove the potatoes from the pot, let cool, and cut the potatoes into fries.
3. Toss the fries with the olive oil, sea salt, and black pepper in a bowl.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the French fries in the Basket, being careful not to overfill, and place the Basket into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 18 mins. Shake the Basket periodically and toss the fries halfway through the cooking time.



Chicken Tenders

Ingredients

2 & 3 QT.

SERVES 2	
½ cup flour	1 tsp. sea salt
2 large eggs	½ tsp. ground black pepper
1 oz. milk	1 tsp. olive oil
1 cup panko breadcrumbs	4 oz. honey mustard, for serving
4 chicken tenders	

5 & 7 QT.

SERVES 4	
½ cup flour	1 tsp. sea salt
3 large eggs	½ tsp. ground black pepper
2 oz. milk	1 tsp. olive oil
1 cup panko breadcrumbs	4 oz. honey mustard, for serving
8 chicken tenders	

Directions

1. Pour the flour onto a pan.
2. Combine the egg and milk in a bowl and mix.
3. Pour the breadcrumbs onto a separate pan.
4. Dip each chicken tender into the flour, then the egg mixture, and finally the breadcrumbs.
5. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
7. Place the chicken tenders in the Basket. Insert the Basket into the air fryer.
8. Press the French Fry button (400° F) and set the cooking time to 14 mins. Flip the chicken tenders halfway through the cooking time.



Mac & Cheese Balls

Ingredients

2 & 3 QT. **SERVES 2-3**

1 cup leftover macaroni and cheese, refrigerated	2 eggs
½ cup shredded cheddar cheese	1 cup milk
¾ cup flour	1 cup plain breadcrumbs

5 & 7 QT. **SERVES 4+**

2 cups leftover macaroni and cheese, refrigerated	3 eggs
⅓ cup shredded cheddar cheese	2 cups milk
¾ cup flour	1 cup plain breadcrumbs

Directions

1. Combine the macaroni and cheese and cheddar cheese in a bowl.
2. Pour the flour into a second bowl.
3. Pour the breadcrumbs into a third bowl.
4. Combine the eggs and milk in a fourth bowl and mix.
5. Use a small ice cream scoop to make ping pong-size balls out of the macaroni and cheese mixture.
6. Roll the mac and cheese balls in the flour, then the egg mixture, and finally the breadcrumbs.
7. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
8. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the air fryer preheat.
9. Place the mac and cheese balls in the Basket. Insert the Basket into the air fryer.
10. Set the cooking temperature to 360° F and the cooking time to 10 mins. Rotate the mac and cheese balls halfway through the cooking time.



Onion Rings

Ingredients

2 & 3 QT. **SERVES 1-2**

2-3 oz. frozen battered onion rings

5 & 7 QT. **SERVES 4+**

4-6 oz. frozen battered onion rings

Directions

1. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
2. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place the enough onion rings in the Basket to cover the bottom without overcrowding. Insert the Basket into the air fryer.
4. Press the French Fry Button (400° F) and set the cooking time to 10 mins.
5. When the cooking time is complete, remove the Basket and toss the onion rings.
6. Place the Basket back into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 10 mins. (additional time may be required to reach the desired doneness).



Mozzarella Sticks

Ingredients

2 & 3 QT. **SERVES 2-3**

1 ½-lb. block mozzarella cheese	1 cup plain breadcrumbs
¼ cup flour	4 oz tomato sauce, warm, for dipping
1 egg	
2 tbsp. nonfat milk	

5 & 7 QT. **SERVES 5**

1 1-lb. block mozzarella cheese	1 cup plain breadcrumbs
¼ cup flour	4 oz. tomato sauce, warm, for dipping
2 eggs	
3 tbsp. nonfat milk	

Directions

1. Cut the mozzarella cheese into 3 x ½-in. sticks.
2. Pour the flour into a bowl.
3. Combine the egg and milk in a second bowl and mix.
4. Pour the breadcrumbs into a third bowl.
5. Dip the mozzarella sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Lay the breaded mozzarella sticks on a baking sheet. Place the sheet in the freezer until the sticks become solid (1-2 hrs.).
7. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
8. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the air fryer preheat.
9. Place the mozzarella sticks in the Basket, being careful not to overfill. Insert the Basket into the air fryer.
10. Set the cooking temperature to 400° F and the cooking time to 12 mins.
11. Serve the mozzarella sticks with the tomato sauce.



Fish Sticks

Ingredients

2 & 3 QT.

	SERVES 2-3
2 large eggs	¼ tsp. sea salt
3 tbsp. milk	1 pinch ground black pepper
2 cups panko breadcrumbs	tartar sauce, for serving
1 cup white flour	
10 oz. cod, cut into sticks	
1 tbsp. olive oil	

5 & 7 QT.

	SERVES 4+
2 large eggs	¼ tsp. sea salt
3 tbsp. milk	½ tsp. ground black pepper
2 cups panko breadcrumbs	tartar sauce, for serving
1 cup white flour	
1 lb. cod, cut into sticks	
1 tbsp. olive oil	

Directions

1. Combine the eggs and milk in a bowl.
2. Pour the breadcrumbs onto a baking sheet.
3. Pour the flour onto a second baking sheet.
4. Coat the fish sticks in the olive oil, sea salt, and black pepper.
5. Dip the fish sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Set the cooking temperature to 350° F and the cooking time to 3 mins. Let the air fryer preheat.
8. Place the fish sticks in the Basket. Insert the Basket into the air fryer.
9. Set the cooking temperature to 350° F and the cooking time to 12 mins. Flip the fish sticks halfway through the cooking time.
10. Serve with the tartar sauce.



Garlic Knots

Ingredients

2 & 3 QT.

SERVES 2	
8 oz pizza dough, refrigerated	½ tbsp. chopped fresh parsley
¼ cup olive oil	½ tbsp. grated Parmesan cheese
½ tbsp. garlic	marinara sauce, for serving
½ tsp. sea salt	

5 & 7 QT.

SERVES 4+	
1 lb. pizza dough, refrigerated	1 tbsp. chopped fresh parsley
½ cup olive oil	1 tbsp. grated Parmesan cheese
1 tbsp. garlic	marinara sauce, for serving
1 tsp. sea salt	

Directions

1. Roll the pizza dough out until ½ in. thick.
2. Slice the dough lengthwise to form strips approximately ¾ in. wide.
3. Roll the dough strips between your palm and the countertop. Make a knot with each dough strip.
4. Combine the olive oil, garlic, sea salt, parsley, and Parmesan cheese in a bowl and mix.
5. Roll the knots in the mixture in the bowl.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the air fryer preheat.
8. Place the knots in the Basket. Insert the Basket into the air fryer.
9. Set the cooking temperature to 360° F and the cooking time to 12 mins. Flip the knots halfway through the cooking time.
10. Serve with the marinara sauce.



Coconut Shrimp

Ingredients

2 & 3 QT. SERVES 2-3

9 large shrimp, raw, peeled & deveined	½ cup flour
	1 tbsp. cornstarch
1 cup unsweetened coconut, dried	3 oz egg whites, raw
1 cup panko breadcrumbs	

5 & 7 QT. SERVES 5

18 large shrimp, raw, peeled & deveined	6 oz flour
	1 tbsp. cornstarch
1 ¼ cups unsweetened coconut, dried	½ cup egg whites, raw
1 ½ cups panko breadcrumbs	

Directions

1. Place the shrimp on paper towels.
2. Combine the coconut and breadcrumbs on a baking sheet and mix.
3. Combine the flour and cornstarch on a second baking sheet and mix.
4. Place the egg whites in a bowl.
5. Dip one shrimp at a time into the flour mixture, then the egg whites, and finally coconut mixture. Repeat until all the shrimp are coated.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Press the Shrimp button (320° F) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the shrimp in the Basket, being careful not to overcrowd. Insert the Basket into the air fryer.
9. Press the Shrimp button (320° F for 12 mins.). Turn the shrimp halfway through the cooking time.



Bacon-Wrapped Potato Tots

Ingredients

2 & 3 QT. **SERVES 2**

½ 16-oz. bag frozen extra-crispy potato tots

12 oz. medium-size bacon slices

¼ cup shredded cheddar cheese

2 scallions

2 tbsp. sour cream

5 & 7 QT. **SERVES 5+**

1 16-oz. bag frozen extra-crispy potato tots

1 lb. medium-size bacon slices

½ cup shredded cheddar cheese

4 scallions

3 tbsp. sour cream

Directions

1. Wrap each potato tot with a piece of bacon.
2. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
3. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
4. Place the potato tots in the Basket, being careful not to overcrowd. Insert the Basket into the air fryer.
5. Press the French Fry button (400° F) and set the cooking time to 8 mins.
6. Transfer the potato tots to a plate.
7. Spread the cheddar cheese and scallions over the potato tots and serve with the sour cream.



Beef Empanadas

Ingredients

2 & 3 QT. SERVES 2

1 tbsp. olive oil	1/4 cup tomato salsa
1/2 lb. ground beef	sea salt, to taste
1 clove garlic, peeled & minced	ground black pepper, to taste
1/2 small onion, peeled & minced	1 egg yolk
1/4 green pepper, seeded & diced	1 tbsp. milk
1/4 tsp. cumin	1 pack empanada shells

5 & 7 QT. SERVES 4+

1 tbsp. olive oil	1/4 cup tomato salsa
1 lb. ground beef	sea salt, to taste
2 cloves garlic, peeled & minced	ground black pepper, to taste
1 small onion, peeled & minced	1 egg yolk
1/2 green pepper, seeded & diced	1 tbsp. milk
1/2 tsp. cumin	1 pack empanada shells

Directions

1. Place a sauté pan on the stove top. Heat the olive oil over high heat, add the ground beef, and cook until the meat is browned. Discard any excess fat.
2. Add the garlic and onion, cover the pan, and cook for 4 mins.
3. Lower the heat to low. Add the green pepper, cumin, salsa, sea salt, and black pepper and cook for 10 mins.
4. Combine the egg and milk to make an egg wash.
5. Place each empanada shell on the countertop. Add some of the cooked beef to half of the shells. Brush the edges of the shells with the egg wash, fold the dough over the meat, seal with a fork, and brush with the egg wash.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the empanadas (one or two per batch) in the Basket. Insert the Basket into the air fryer.
9. Press the French Fry button (400° F) and set the cooking time to 10 mins.



Spring Rolls

Ingredients

2 & 3 QT. SERVES 5

2 tbsp. grapeseed oil	½ lb. cooked shrimp, chopped
2 cups sliced & chopped cabbage	sea salt, to taste
½ lb. shiitake mushrooms, destemmed & sliced	ground black pepper, to taste
1 tsp. minced ginger	1 egg yolk
1 clove garlic, peeled & minced	1 tbsp. water
3 scallions, chopped	6-8 spring roll wrappers
8 oz. water chestnuts, diced	sweet chili sauce or a sauce of your choice, for serving

5 & 7 QT. SERVES 5

2 tbsp. grapeseed oil	½ lb. cooked shrimp, chopped
2 cups sliced & chopped cabbage	sea salt, to taste
½ lb. shiitake mushrooms, destemmed & sliced	ground black pepper, to taste
1 tsp. minced ginger	1 egg yolk
1 clove garlic, peeled & minced	1 tbsp. water
3 scallions, chopped	6-8 spring roll wrappers
8 oz. water chestnuts, diced	sweet chili sauce or a sauce of your choice, for serving

Directions

1. Place a sauté pan on the stove top. Heat the grapeseed oil over high heat and then sauté the cabbage. Remove and reserve the cabbage.
2. Sauté the mushrooms, ginger, garlic, and scallions. Then, remove and reserve them.
3. Combine the cabbage, mushrooms, ginger, garlic, scallions, water chestnuts, shrimp, sea salt, and black pepper in a bowl to make the filling.
4. Combine the egg and water in a separate bowl to make the egg wash.
5. Once the filling is cooled, lightly squeeze any excess water from the filling.
6. Place each wrapper with a point facing you to form a diamond. Coat the top point of the wrapper with the egg wash. Place 2 tbsp. of filling on each wrapper. Roll up the wrappers, folding the sides up as you roll.
7. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
8. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the air fryer preheat.
9. Place the spring rolls in the Basket. Multiple batches may be required for smaller air fryer models. Insert the Basket into the air fryer.
10. Set the cooking temperature to 360° F and the cooking time to 15 mins. Turn the spring rolls periodically.
11. Serve with the sweet chili sauce.



Roast Turkey Reuben

Ingredients

2 & 3 QT. **SERVES 2**

2 tbsp. unsalted butter
4 slices rye bread
8 slices Swiss cheese
8 slices roasted turkey breast, skin removed
4 tbsp. coleslaw
2 tbsp. Russian dressing

5 & 7 QT. **SERVES 2**

2 tbsp. unsalted butter
4 slices rye bread
8 slices Swiss cheese
8 slices roasted turkey breast, skin removed
4 tbsp. coleslaw
2 tbsp. Russian dressing

Directions

1. Spread the butter on one side of 2 slices of bread.
2. Lay the buttered bread slices, buttered side down, on a cutting board.
3. Layer the Swiss cheese, turkey, coleslaw, and dressing on top of each slice of bread. Top with the unbuttered bread slices.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the Bake button, set the cooking temperature to 310° F, and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the sandwiches in the Basket. Multiple batches may be required. Insert the Basket into the air fryer.
7. Press the Bake button, set the cooking temperature to 310° F, and set the cooking time to 12 mins. Flip the sandwiches halfway through the cooking time.
8. Slice the sandwiches before serving.



Bang Bang Shrimp

Ingredients

2 & 3 QT. **SERVES 3**

¼ tsp. dried sriracha powder

1 cup cornstarch

1 lb. 21-25 shrimp, peeled & deveined

¼ cup. sweet chili sauce

¼ cup. mayonnaise

iceberg lettuce, for serving

5 & 7 QT. **SERVES 6**

¼ tsp. dried sriracha powder

1 cup cornstarch

2 lb. 21-25 shrimp, peeled

& deveined

¼ cup. sweet chili sauce

¼ cup. mayonnaise

iceberg lettuce, for serving

Directions

1. Mix the dried sriracha and cornstarch together in a bowl.
2. Coat the shrimp in the cornstarch mix.
3. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
4. Press the French Fry button (400° F) and set the cooking time to 3 mins.
5. Place the shrimp in a single layer in the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 15 mins. Flip the shrimp after 10 mins.
7. While the shrimp cooks, combine the mayonnaise and sweet chili sauce.
8. Serve the shrimp over lettuce and with the sauce for dipping.



Orange Chicken

Ingredients

2 & 3 QT. SERVES 2

½ lb. boneless & skinless chicken breast, cubed

SERVES 2

1 egg, beaten

2 tsp. low-sodium soy sauce

1 cup cornstarch

2 tsp. brown sugar

1 tsp. salt

1 tsp. ginger, grated

¼ tsp. ground black pepper

1 tsp. garlic, grated

Orange Sauce

1 tsp. rice vinegar

1 cup orange juice

1 tbsp. finely chopped scallion

1 cup orange juice

1 pinch red pepper flakes

2 tbsp. butter

zest of 1 orange

5 & 7 QT. SERVES 4

1 lb. boneless & skinless chicken breast, cubed

SERVES 4

1 egg, beaten

2 tsp. low-sodium soy sauce

1 cup cornstarch

2 tsp. brown sugar

2 tsp. salt

1 tsp. ginger, grated

¼ tsp. ground black pepper

1 tsp. garlic, grated

Orange Sauce

1 tsp. rice vinegar

1 cup orange juice

1 tbsp. finely chopped scallion

1 cup orange juice

1 pinch red pepper flakes

2 tbsp. butter

zest of 1 orange

white rice, for serving

Directions

1. Toss the chicken with the egg in a bowl.
2. Combine the cornstarch, salt, and black pepper in a separate small bowl and mix.
3. Coat the chicken with the cornstarch mixture. Shake off any excess cornstarch.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the French Fry button (400° F) and set the cooking time to 3 mins.
6. Place the chicken in the Basket. Insert the Basket into the air fryer.
7. Press the French Fry button (400° F) and set the cooking time to 15 mins.
8. Combine all the sauce ingredients in a pan and bring to a boil on the stove top. Then, lower the heat to simmer. Cook until reduced by half.
9. Transfer the cooked chicken to a bowl.
10. Add the sauce and toss to coat (**Caution: Contents will be hot**).
11. Serve the chicken over white rice with an extra drizzle of orange sauce.



Honey-Roasted Salmon

Ingredients

2 & 3 QT.

	SERVES 1
½ cup honey	1 tsp. olive oil
¼ cup sweet soy sauce	1 clove of garlic
1 tbsp. light brown sugar	1 scallion, chopped finely
1 oz. orange juice	1 4-oz. salmon fillets
1 tbsp. lemon juice	salt & ground black pepper, to season
1 tbsp. red wine vinegar	

5 & 7 QT.

	SERVES 2
¾ cup honey	2 tsp. olive oil
⅓ cup sweet soy sauce	2 clove of garlic
2 tbsp. light brown sugar	1 scallion, chopped finely
¼ cup orange juice	2 4-oz. salmon fillets
2 tbsp. lemon juice	salt & ground black pepper, to season
2 tbsp. red wine vinegar	

Directions

1. Combine all the ingredients except the salmon, salt, and black pepper in a saucepan over low heat.
2. Bring to a boil and then lower to a simmer. Reduce for 15 mins., stirring often.
3. Rub each salmon fillet with olive oil and season with the salt and ground black pepper.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the Shrimp button (320° F) and set the cooking time to 3 mins.
6. Place the salmon in the Basket. Insert the Basket into the air fryer.
7. Press the Shrimp button (320° F for 12 mins.).
8. Once the cooking cycle has finished, brush the salmon with the sauce.
9. Return the salmon to the air fryer. Press the Shrimp button (320° F) and set the cooking time to 5 mins.
10. Serve with the sauce and chopped scallions.



Crunchy French Toast

Peach Turnover

Ingredients

2 & 3 QT. SERVES 3

Egg Mixture	1/2 brioche loaf, cut into 6 slices
1 large egg	1 cup cinnamon crunch cereal, crushed finely
1 tsp. vanilla	
1/4 tsp. salt	
1/4 tbsp. unsalted butter, melted	Topping 1/2 cup chopped pecans
1/4 cup heavy cream	1/2 cup dried cranberries
1 ripe banana, mashed	1 ripe banana, sliced maple syrup

5 & 7 QT. SERVES 6

Egg Mixture	1 brioche loaf, cut into 12 slices
1 large egg	1 cup cinnamon crunch cereal, crushed finely
1 tsp. vanilla	
1 tsp. salt	
1 tbsp. unsalted butter, melted	Topping 1/2 cup chopped pecans
1/2 cup heavy cream	1/2 cup dried cranberries
1 ripe banana, mashed	1 ripe banana, sliced maple syrup

Directions

1. Mix the egg, vanilla, salt, butter, cream, and the mashed banana in a bowl.
2. Dip the brioche slices into the egg mixture and coat the bread with the cereal crumbs.
3. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
4. Press the French Fry button and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the French toast slices (one per batch) in the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button and set the cooking time to 10 mins. Flip the French toast halfway through the cooking time.
7. Top with the pecans, cranberries, banana slices, and syrup.

Ingredients

2 & 3 QT. SERVES 2

1/2 ready-made pie dough
4 tbsp. peach pie filling
1 tbsp. sugar

5 & 7 QT. SERVES 4

1 ready-made pie dough
8 tbsp. peach pie filling
1 tbsp. sugar

Directions

1. Unroll the pie dough and cut the dough into four squares.
2. Fill each pie square with 2 tbsp. peach pie filling. Fold the squares over to make triangles and use a fork to seal the edges.
3. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
4. Press the Bake button (320° F) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the turnovers in the Basket. Insert the Basket into the air fryer.
6. Press the Bake button (320° F) and set the cooking time to 15 mins. Flip the turnovers halfway through the cooking time.
7. Remove the turnovers and sprinkle with the sugar.

Chocolate-Hazelnut Spread Croissant

Ingredients

2 & 3 QT. **SERVES 2**

1 8-oz. can crescent rolls

8 tsp. chocolate

hazelnut spread

5 & 7 QT. **SERVES 4+**

1 8-oz. can crescent rolls

8 tsp. chocolate

hazelnut spread

Directions

1. Unroll the crescent dough and separate into triangles.
2. Spread about 1 tsp. chocolate hazelnut spread over the top of each triangle, leaving about $\frac{1}{4}$ in. of space around the edges.
3. Roll each triangle up and over the filling from the widest end to the top point. Gently form into a crescent shape.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the Bake button (320° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place some croissants in the Basket. Smaller batches may be required for smaller air fryer models. Insert the Basket into the air fryer.
7. Press the Bake button (320° F) and set the cooking time to 8 mins.



SHAQTM

Air Fryer



Dehydration Recipe Book

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NOTE: Dehydration times may vary depending on specific food type; for example, the fruit size and degree of ripeness will affect the amount of time required for dehydration to occur. For all recipes, more time may be needed to complete the dehydration process or you may want to add additional time for a crunchier result.

TIP: Rotate the Air Flow Racks mid-cycle for even cooking.

CANDIED BACON

serves 4

Ingredients

1 lb. thick bacon
1/4 cup dark brown sugar
1/4 tsp. cayenne pepper
2 tbsp. maple syrup

Directions

1. Lay the bacon strips onto the Air Flow Racks and trim as needed.
2. Sprinkle the brown sugar and cayenne pepper over the bacon and rub into the meat.
3. Brush the bacon with the maple syrup. Place the Racks in the Unit. Press the Power Button and then the Shrimp Button (320° F/160° C for 12 mins.) to begin the cooking cycle.
4. When the cooking cycle is complete, flip the bacon.
5. Press the Power Button and then the Shrimp Button (320° F/160° C for 12 mins.) to begin the cooking cycle again.
6. Serve on a Charcuturie board.



SHAQ™

KALE CHIPS

serves 4

Ingredients

2 bunches kale
2 tbsp. olive oil
1 tsp. salt
 $\frac{1}{2}$ tsp. ground black pepper
 $\frac{1}{2}$ tsp. granulated garlic

Directions

1. Remove the stems from the kale and break the kale into pieces.
2. Toss the kale with the olive oil, salt, ground black pepper, and garlic in a bowl.
3. Lay the kale onto the Air Flow Racks.
4. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button (2-hr. cooking time) and increase the cooking temperature to 130° F/55° C. Remove the kale when it becomes crispy (about 15–20 mins.).

DRIED HERBS

makes about $\frac{1}{2}$ cup

Ingredients

2 (0.75 oz.) packages fresh herbs (parsley, rosemary, thyme, tarragon, oregano, and sage work well)

Directions

1. Spread the fresh herbs onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C to begin the cooking cycle. Depending on the herbs being cooked, adjust the cooking time:
 - PARSLEY: Decrease the cooking time to 1 hr. 30 mins.
 - ROSEMARY: Decrease the cooking time to 2 hrs.
 - THYME: Decrease the cooking time to 3 hrs.
 - TARRAGON: Decrease the cooking time to 3 hrs.
 - OREGANO: Decrease the cooking time to 2 hrs.
 - SAGE: Decrease the cooking time to 3 hrs.

VEGGIE CHIPS

serves 2

Ingredients

3 large parsnips,
peeled & sliced very thin

3 medium-sized beets,
peeled & sliced very thin

2 medium-sized sweet potatoes,
peeled & sliced very thin

Directions

1. Layer the sliced parsnips, beets, and sweet potatoes onto the Air Flow Racks. Do not overlap the vegetables.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and decrease the cooking temperature to 115° F/45° C and the cooking time to 10 hrs. to begin the cooking cycle. Additional time may be added for crispier chips.



BEEF JERKY

serves 8

Ingredients

Marinade:

4 tbsp. sweet soy sauce

5 tbsp. ketchup

½ tsp. ground black pepper

½ tsp. salt

½ tsp. garlic powder

dash of sriracha

2 lb. top round, sliced thinly

Directions

1. Combine the marinade ingredients in a bowl. Add the top round to the bowl.
2. Marinate the top round in the refrigerator for at least 1 hr. (preferably overnight).
3. Remove the meat from the marinade and pat it dry. Lay the meat onto the Air Flow Racks.
4. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 160° F/70° C and the cooking time to 6 hrs. to begin the cooking cycle.



ITALIAN CROUTONS

serves 10

Ingredients

1 loaf crusty Italian bread,
cut into $\frac{1}{2}$ inch cubes
 $\frac{1}{3}$ cup extra virgin olive oil
1 tsp. salt
 $\frac{1}{2}$ tsp. ground black pepper
1 tbsp. dried oregano

Directions

1. Toss all the ingredients together in a bowl.
2. Spread the bread cubes onto the Air Flow Racks.
3. Place the Racks in the Unit. Press the Power Button and decrease the cooking temperature to 350° F/175° C and the cooking time to 8 mins. to begin the cooking cycle.



SUN-DRIED TOMATOES

serves 6

Ingredients

3 lb. plum tomatoes, halved

Directions

1. Place the tomato halves, skin side down, onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 145°F/63° C and the cooking time to 10 hrs. to begin the cooking cycle.



ALMOND GRANOLA

serves 4

Ingredients

1 2/3 cups sliced almonds
1 cup rolled oats
¾ cup flaked coconut
¼ cup sunflower seeds,
shells removed
1 tsp. kosher salt
1 tsp. grape seed oil
1/3 cup honey
1 cup dried cherries, chopped

Directions

1. Combine the almonds, oats, coconut, sunflower seeds, and salt in a bowl and mix them together.
2. Add the grape seed oil and honey to the bowl. Toss to combine.
3. Line the Air Flow Racks with parchment paper and spread the granola evenly over the parchment.
4. Place the Racks in the Unit. Press the Power Button, decrease the cooking temperature to 220° F/105° C, and increase the cooking time to 40 mins. to begin the cooking cycle.
5. After the cooking cycle is complete, add the cherries to the granola and toss to combine.
6. Let the granola cool before serving.



CRISPY GREEN BEANS

serves 4

Ingredients

1 lb. green beans, trimmed and halved
1/4 cup olive oil
1 tsp. salt
1 tsp. ground black pepper

Directions

1. Toss all the ingredients together in a large bowl.
2. Lay the green beans in a single layer onto the Air Flow Racks.
3. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 6 hrs. to begin the cooking cycle.

DRIED MANGO SLICES

serves 4

Ingredients

3 fresh mangos, peeled and sliced

Directions

1. Layer the mango slices in a single layer onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.

STRAWBERRY SLICES

serves 4

Ingredients

1 lb. strawberries, sliced thin, stems removed

Directions

1. Lay the strawberries onto the Air Flow Racks in a single layer.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 8 hrs. to begin the cooking cycle. The strawberries may be cooked for up to 12 hrs. to increase crispiness.

CHEWY KIWI SLICES

makes about 1/3 cup

Ingredients

3 fresh mangos, peeled and sliced

Directions

1. Layer the mango slices in a single layer onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.

DRIED ORANGE SLICES

serves 10

Ingredients

4 medium oranges, sliced

Directions

1. Lay the orange slices in a single layer onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.



STRAWBERRY ROLL-UPS

SHAQ

serves 20

Ingredients

vegetable oil, for spraying

2 lb. strawberries,
cored & chopped

4 tbsp. sugar

juice of 1 lemon

Directions

1. Line the Air Flow Racks with parchment paper and spray the Racks with vegetable oil.
2. Combine the strawberries, sugar, and lemon juice in a blender and blend until a smooth purée forms.
3. Divide the purée evenly between the Racks, spreading the purée into a thin layer over the parchment paper. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 170° F/75° C and the cooking time to 10 hrs. to begin the cooking cycle.
4. Once the cooking cycle has finished, remove the Racks.
5. Cut the parchment paper into 2 in.-thick strips using scissors, roll up the strips, and tie them with twine.



SHAQTM

Air Fryer Pro



America's
#1 Favorite
Fried Food Recipes

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HASH BROWN CASSEROLE

serves 8

Ingredients

1 lb. frozen hash browns, thawed, excess moisture removed
3 tbsp. butter, melted
 $\frac{3}{4}$ cup sour cream
2 tbsp. mayonnaise
1 $\frac{1}{2}$ cups cheddar, plus more for topping
2 tbsp. Parmesan, shredded
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{4}$ tsp. ground black pepper

Directions

1. Combine all the ingredients in a bowl.
2. Pour the mixture into a greased casserole dish.
3. Sprinkle some additional cheddar over the top of the mixture.
4. Place an Air Flow Rack into the air fryer.
5. Place the dish onto the Rack. Press the Power Button and then the Roast Button (390° F/199° C) and decrease the cooking time to 20 mins. to begin the cooking cycle. Cook until golden brown.



SHAQ™

FRIED CHICKEN

serves 6

Ingredients

5 chicken legs
4 chicken thighs
5 chicken wings
3 cups buttermilk
2 tsp. salt
1 tsp. ground black pepper
1 tbsp. onion powder
1 tbsp. garlic powder
1 tbsp. paprika
6 cups corn flakes, crushed

Directions

1. Marinate the chicken in the buttermilk for at least 30 mins. in the refrigerator (preferably overnight).
2. Mix the salt, ground black pepper, onion powder, garlic powder, paprika, and corn flakes together in a bowl.
3. Roll the chicken in the corn flakes and spice mixture to coat well.
4. Place the chicken onto the Air Flow Racks.
5. Place the Racks in the air fryer. Press the Power Button and then the Chicken Button (40-min. cooking time) and increase the cooking temperature to 375° F/185° C to begin the cooking cycle. After 10 mins., rotate the Racks.
6. Use a meat thermometer to measure the temperature of the chicken. The chicken is done when the internal temperature reaches 165° F/75° C. Additional cooking time might be required to reach this temperature.

CHICKEN TENDERS

serves 4

Ingredients

1 tsp. garlic powder
1 tsp. onion powder
1 tsp. salt
½ tsp. ground black pepper
1 tsp. smoked paprika
1 cup flour
1 lb. chicken tenders
2 eggs, beaten
2 cups panko breadcrumbs

Directions

1. Mix together the garlic, onion, salt, ground black pepper, paprika, and flour in a bowl.
2. Dredge the chicken in the seasoned flour.
3. Dip the chicken into the egg.
4. Dredge the chicken in the breadcrumbs.
5. Place the chicken onto the Air Flow Racks.
6. Place the Racks in the air fryer. Press the Power Button (370° F/190° C for 15 mins.) to begin the cooking cycle.

CHEESE BISCUITS

serves 16

Ingredients

2 cups flour
1 stick butter
2 tsp. baking powder
 $\frac{3}{4}$ cup buttermilk
 $\frac{1}{2}$ cup scallions, chopped
 $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{2}$ tsp. seafood seasoning
 $\frac{1}{4}$ tsp. cayenne powder
1 $\frac{1}{2}$ cups cheddar, shredded

Directions

1. Use a pastry cutter, butter knives, or your hands to combine the flour and butter in a bowl until the butter is pea size.
2. Add the remaining ingredients to the bowl and mix.
3. Divide the mixture into 16 balls and place the balls on one Air Flow Rack.
4. Place the Rack in the air fryer. Press the Power Button and then the Baking Button (320° F/160° C) and decrease the cooking time to 15 mins. to begin the cooking cycle.
5. Serve the biscuits with fried chicken.



MARYLAND-STYLE CRAB CAKES

serves 4

Ingredients

BREADCRUMBS

1 tsp. garlic, minced
1/4 cup scallions, finely chopped
1/4 cup celery, diced
2 tbsp. fresh parsley, chopped
1 tbsp. sweet chili sauce
1 tsp. seafood seasoning
1 tsp. salt
1/2 tsp. ground black pepper
1/2 cup cracker crumbs
1 lb. lump crab meat

DIPPING SAUCE

1 cup mayonnaise
1 tbsp. sweet pickle relish
1 tbsp. Thai chili sauce
1 tbsp. lemon juice
salt & ground black pepper,
to season

Directions

1. Combine the all the breadcrumbs ingredients except the crab meat and cracker crumbs in a large bowl.
2. Gently mix the crab meat and 1/4 cup cracker crumbs into the breadcrumbs mixture.
3. Spread the remaining cracker crumbs onto a workable surface.
4. Form the crab mixture into 12 equal-size balls.
5. Evenly coat the balls in the cracker crumbs and then gently press the balls to make patties.
6. Refrigerate the patties for 20 mins.
7. Place the crab cakes onto the Air Flow Racks.
8. Place the Racks in the Power AirFryer Pro. Press the Power Button and then the Roast Button (390° F/199° C) and decrease the cooking time to 20 mins. to begin the cooking cycle.
9. While the crab cakes cook, combine all the dipping sauce ingredients and season the sauce with the salt and ground black pepper.
10. Serve the crab cakes with the dipping sauce while warm.



LOADED NACHOS

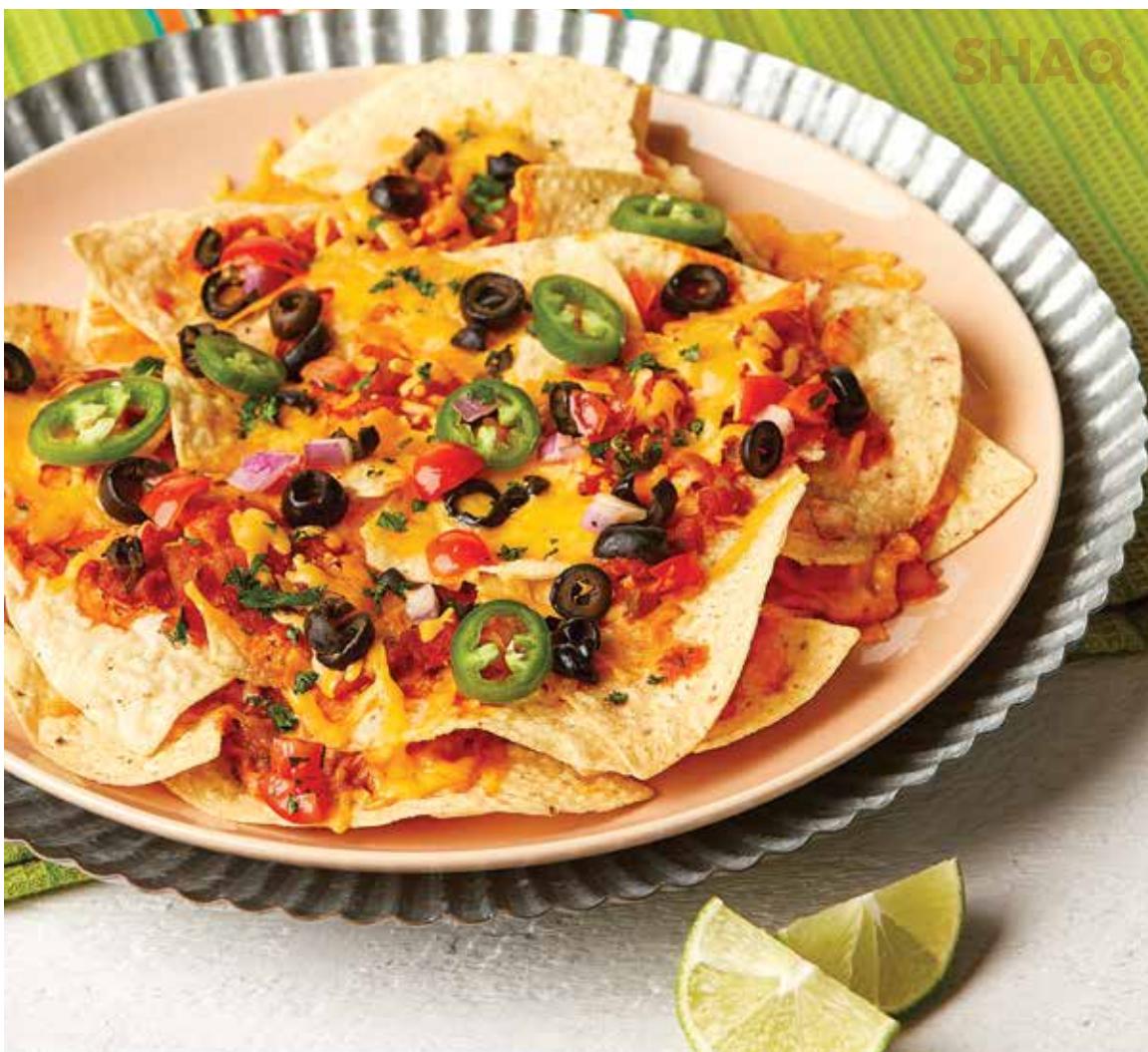
serves 4

Ingredients

24 restaurant style tortilla chips
½ cup refried beans
½ cup chili
4 oz. American cheese, cubed
¼ cup salsa
½ cup cheddar, shredded
¼ cup black olives, sliced
½ small red onion, chopped
1 large plum tomato, chopped
¼ cup cilantro, chopped
juice from ½ lime
½ tsp. salt
guacamole, for serving
sour cream, for serving
1 jalapeño, sliced, for serving

Directions

1. Microwave the cheese cubes and chili until melted.
2. Line the Air Flow Racks with parchment paper.
3. Layer 12 tortilla chips on the parchment paper.
4. Spoon the refried beans over the chips.
5. Sprinkle half of the chili, salsa, shredded cheddar, olives, and cilantro over the chips.
6. Layer the remaining chips onto the pile.
7. Sprinkle the remaining chili, salsa, shredded cheddar, olives, and cilantro over the chips.
8. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 12 mins. to begin the cooking cycle.
9. Mix the red onion, plum tomato, lime juice, and salt in a small bowl.
10. Spoon the mixture over the nachos.
11. Serve with guacamole, sour cream, and jalapeños.



SUPER NACHO TACOS

serves 8

Ingredients

8 hard taco shells
½ cup honey
1 packet taco seasoning
1 packet cheese powder
¾ lb. ground beef
2 tbsp. olive oil
2 tsp. salt
1 tsp. ground black pepper
1 cup iceberg lettuce, shredded
2 plum tomatoes, diced
1 cup cheddar, shredded
sour cream, for garnish

Directions

1. Use a pastry brush to paint the exterior of the taco shells with the honey.
2. Combine the taco seasoning and cheese powder in a flat-bottomed dish and mix.
3. Sprinkle the taco cheese powder generously over the taco shells.
4. Place the taco shells onto the Air Flow Racks.
5. Place the Racks in the air fryer. Press the Power Button (370° F/190° C) and decrease the cooking time to 5 mins. to begin the cooking cycle.
6. While the taco shells cook, sauté the ground beef in olive oil for 5–6 mins.
7. Season the meat with the salt and ground black pepper.
8. Divide the sautéed meat evenly into the taco shells.
9. Garnish with a sprinkling of lettuce, tomato, cheddar cheese, and sour cream.



WHITE BREAD

makes 1 loaf

Ingredients

2 frozen bread doughs, thawed
1 tbsp. olive oil
½ stick butter, melted

Directions

1. Place the dough in a loaf pan.
2. Oil the top of the dough with the olive oil. Cover the pan with plastic wrap.
3. Place an Air Flow Rack in the air fryer.
4. Place the loaf pan on the Rack. Press the Power Button, decrease the cooking temperature to 200° F/95° C, and increase the cooking time to 20 mins. to begin the cooking cycle.
5. Remove the plastic wrap from the pan. Press the Power Button and then the Baking Button (320° F/160° F for 30 mins.) to begin the cooking cycle again.
6. Remove the bread from the pan to cool. Brush with the butter for a richer bread.

DOUBLE CHEESEBURGER WITH CRAZY-GOOD SAUCE

serves 2

Ingredients

1 lb. ground chuck beef
1 large onion, chopped
1 tbsp. canola oil
1 tsp. salt
2 hamburger rolls
2 tbsp. margarine, soft
6 pickle chips, dill
4 slices tomato
4 iceberg lettuce leaves
½ cup yellow mustard
4 slices American cheese

SAUCE

¼ cup mayonnaise
2 tbsp. ketchup
1 tbsp. pickle relish
½ tsp. honey
½ tsp. white wine vinegar

Directions

1. Form the ground chuck into four patties. Season the patties with the salt and then set them aside in the refrigerator.
2. Add ½ tbsp. canola oil to a sauté pan. Cook the onion in the pan until caramelized.
3. Rub the burgers with ¼ cup mustard. Place the burgers onto the Air Flow Racks.
4. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 10 mins. to begin the cooking cycle. After 9 mins., top the burgers with the cheese. When the cooking cycle is complete, remove the Racks and place the patties on a plate.
5. Butter the inside of the burger rolls. Place the rolls onto the Racks.
6. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 3 mins. to begin the cooking cycle.
7. Place the lettuce, tomato, and sauce on each bottom roll. Add one burger and top with some onions and half of the pickles to each roll. Top each burger with another burger, more onions, and the sauce. Top with the top half of the roll.

WHITE PIZZA

serves 1

Ingredients

1 pizza dough, thin crust
2 cloves garlic, thinly sliced
½ tsp. red pepper flakes
9 slices fresh mozzarella
¼ cup ricotta cheese
2 tbsp. extra virgin olive oil

Directions

1. Roll the pizza dough onto an Air Flow Rack.
2. Place the Rack in the air fryer. Press the Power Button and then the Pizza Button (360° F/182° C for 15 mins.) to begin the cooking cycle. Flip the dough after 5 mins.
3. Remove the crust from the air fryer.
4. Top the crust with the ricotta, mozzarella, garlic, and red pepper flakes.
5. Return the crust to the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 5 mins. to begin the cooking cycle.
6. Let the pizza cool for 5 mins. before cutting.



PEPPERONI PIZZA

serves 1

Ingredients

1 pizza dough, thin crust
3 tbsp. pizza sauce
¾ cup mozzarella, shredded
12 slices pepperoni

Directions

1. Roll the pizza dough onto an Air Flow Rack.
2. Place the Rack in the air fryer. Press the Power Button and then the Pizza Button (360° F/182° C for 15 mins.) to begin the cooking cycle. Flip the dough after 5 mins.
3. Remove the crust from the air fryer.
4. Top the crust with the sauce, cheese, and pepperoni.
5. Return the crust to the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 5 mins. to begin the cooking cycle.
6. Let the pizza cool for 5 mins. before cutting.

TRADITIONAL ITALIAN MEATBALLS

makes 25

Ingredients

3 lb. ground meatball mix (pork, beef & veal)
3 eggs
¼ cup milk
½ cup breadcrumbs
½ cup Parmesan cheese, grated
½ onion, minced
2 cloves garlic, minced
½ tsp ground black pepper
1 tsp. sea salt
¼ cup parsley, chopped

Directions

1. Mix all the ingredients together in a bowl.
2. Form the ingredients into 25 meatballs.
3. Place the meatballs onto the Air Flow Racks.
4. Place the Racks in the air fryer. Press the Power Button and then the Roast Button (390° F/199° C) and decrease the cooking time to 20 mins. to begin the cooking cycle.
5. Serve in tomato sauce or gravy.

CHICKEN MILANESE

serves 4

Ingredients

2 cups panko breadcrumbs
1/4 cup Parmesan, grated
1/2 tsp. garlic powder
2 eggs, beaten
4 chicken cutlets
salt & ground black pepper

SALAD

1tsp. white wine vinegar
juice of 1/2 lemon
2 tbsp. extra virgin olive oil
3 cups arugula
1 beefsteak tomato, diced
salt & ground black pepper
shaved Parmesan, for garnish

Directions

1. Combine the panko breadcrumbs, Parmesan, and garlic in a bowl.
2. Generously season the chicken cutlets with the salt and ground black pepper.
3. Dip the cutlets into the egg.
4. Coat the cutlets with the panko mixture.
5. Place the cutlets onto the Air Flow Racks.
6. Place the Racks in the air fryer. Press the Power Button and then the Roast Button (390° F/199° C) and decrease the cooking time to 18 mins. to begin the cooking cycle.
7. While the chicken cooks, make the salad.
8. Whisk the vinegar, lemon juice, olive oil, and a pinch of salt and ground black pepper in a bowl.
9. Add the arugula to the bowl and coat with the dressing.
10. Top the chicken with the diced tomatoes and the arugula salad.
11. Garnish with the shaved Parmesan.



FRIED ZUCCHINI

serves 6

Ingredients

4 medium zucchini, cut into sticks
4 eggs, beaten
2 cups seasoned breadcrumbs

Directions

1. Dip the zucchini into the egg.
2. Coat the zucchini with the breadcrumbs.
3. Place the battered zucchini onto the Air Flow Racks.
4. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 10 mins. to begin the cooking cycle.

CHEESE MELT

serves 2

Ingredients

8 mozzarella sticks, frozen
4 slices potato bread
8 slices American cheese
softened butter

Directions

1. Place the mozzarella sticks onto the Air Flow Racks.
2. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 6 mins. to begin the cooking cycle.
3. Spread butter onto one side of each slice of bread.
4. Place 2 slices of bread, buttered side down, onto a Rack.
5. Place 4 mozzarella sticks onto each bread slice on the Rack.
6. Top each slice with 2 slices of American cheese and the remaining bread, buttered side up.
7. Place the Rack in the air fryer. Press the Power Button (370° F/190° C) and decrease the cooking time to 6 mins. to begin the cooking cycle.
8. Once the cooking cycle has finished, flip the sandwiches, press the Power Button (370° F/190° C), and decrease the cooking time to 6 mins. to begin the cooking cycle again.

ORANGE CHICKEN

serves 4

Ingredients

1 lb. boneless skinless chicken breast, cubed
1 egg, beaten
1 cup cornstarch
2 tsp. salt
½ tsp. ground black pepper

ORANGE SAUCE

1 cup orange juice
2 tbsp. butter
2 tsp. low sodium soy sauce
2 tsp. brown sugar
1 tsp. ginger, grated
1 tsp. garlic, grated
1 tsp. rice vinegar
1 tbsp. scallion, finely chopped
pinch red pepper flakes
zest of 1 orange
white rice, for serving

Directions

1. Toss the chicken in a bowl with the egg.
2. Combine the cornstarch, salt, and ground black pepper in a separate small bowl and mix.
3. Coat the chicken with the cornstarch mixture. Shake off any excess cornstarch.
4. Place the coated chicken onto the Air Flow Racks.
5. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C for 18 mins.) to begin the cooking cycle.
6. Combine all the sauce ingredients in a pan and bring to a boil on the stove top. Then, lower the heat to simmer. Cook until reduced by half.
7. Transfer the cooked chicken to a bowl.
8. Add the sauce and toss to coat (Caution: Contents will be hot).
9. Serve the chicken over white rice with an extra drizzle of orange sauce.



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THAI CHICKEN SPRING ROLLS

serves 4

Ingredients

4 boneless skinless chicken breasts, sliced into strips

MARINADE

2 tbsp. hoisin sauce
2 tbsp. teriyaki sauce
2 tbsp. fresh orange juice
2 tsp. olive oil
1 ½ tsp. ginger, minced
1 tsp. garlic, minced

ROLLS

8 (8-in.) flour tortillas
¼ cup softened butter
peanut dressing (recipe above)
½ cup shredded Mexican cheese blend
½ cup slivered carrots
¼ cup scallions, thinly sliced
½ cup bean sprouts
3 tbsp. cilantro, chopped

PEANUT DRESSING

2 tbsp. vegetable oil
2 scallions, finely chopped
1 clove garlic, minced
½ tsp. ginger, minced
½ cup creamy peanut butter
2 tbsp. sweet soy sauce
2 tbsp. white wine vinegar
3 tbsp. light brown sugar
¼ cup water
½ tsp. crushed red pepper flakes

DIPPING SAUCE

½ cup coconut milk
½ cup peanut dressing (recipe above)
red Thai curry paste
crushed red pepper flakes

Directions

1. Place the chicken in a bowl with all the marinade ingredients.
2. Marinate the chicken for 10 mins.
3. Remove the chicken from the marinade and place the chicken onto the Air Flow Racks.
4. Place the Racks in the air fryer. Press the Power Button (370° F/190° C for 15 mins.) to begin the cooking cycle.
5. Heat the vegetable oil in a saucepan.
6. Add the scallions, garlic, and ginger to the saucepan and cook for 1 min.
7. Stir the remaining peanut dressing ingredients into the saucepan and remove from the heat.
8. Place the coconut milk, curry paste, crushed red pepper, and ½ cup peanut dressing into a blender pitcher to make the dipping sauce.
9. Blend until smooth and then cover and refrigerate.
10. Lightly spread soft butter onto one side of each tortilla.
11. Flip each tortilla and spread the rest of the peanut dressing evenly on each tortilla.
12. Sprinkle each tortilla with the cheese, chicken, carrots, sprouts, scallions, and cilantro. Roll each tortilla tightly into a cigar shape. Place them on the Racks.
13. Place the Racks in the air fryer. Press the Power Button (370° F/190° C) and decrease the cooking time to 8 mins. to begin the cooking cycle.
14. Slice each tortilla diagonally into three pieces.
15. Serve with the dipping sauce.

HONEY ROASTED SALMON

serves 2

Ingredients

2 (4-oz.) salmon fillets
¾ cup honey
⅓ cup sweet soy sauce
2 tbsp. light brown sugar
¼ cup orange juice
2 tbsp. lemon juice
2 tbsp. red wine vinegar
2 tsp. olive oil
2 cloves garlic, minced
1 scallion, chopped finely
salt & ground black pepper,
to season

Directions

1. Combine all the ingredients except the salmon, salt, and ground black pepper in a saucepan over low heat.
2. Bring to a boil and then lower to a simmer.
3. Reduce for 15 mins., stirring often.
4. Rub each salmon filet with olive oil and season with the salt and ground black pepper.
5. Place the salmon onto the Air Flow Racks.
6. Place the Racks in the air fryer. Press the Power Button and then the Shrimp Button (12-min. cooking time) and increase the cooking temperature to 330° F/165° C to begin the cooking cycle.
7. Once the cooking cycle has finished, brush the salmon with the sauce.
8. Return the salmon to the air fryer. Press the Power Button and then the Shrimp Button, increase the cooking temperature to 330° F/165° C, and decrease the cooking time to 10 mins. to begin the cooking cycle.
9. Serve with the sauce and chopped scallions.



BANG BANG SHRIMP

serves 8

Ingredients

1 cup cornstarch
1/4 tsp. dried sriracha powder
2 lb. 21-25 shrimp, peeled & deveined
1/4 cup sweet chili sauce
1/4 cup mayonnaise
iceberg lettuce, for serving

Directions

1. Mix the dried sriracha and cornstarch together in a bowl.
2. Coat the shrimp in the cornstarch mix.
3. Place the shrimp in a single layer onto the Air Flow Racks.
4. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C for 18 mins.) to begin the cooking cycle. Flip the shrimp after 10 mins.
5. While the shrimp cooks, combine the mayonnaise and sweet chili sauce.
6. Serve the shrimp over lettuce and with the sauce for dipping.

BUFFALO WONTON

serves 4

Ingredients

1 large boneless skinless chicken breast
1 package wonton wrappers
1 1/4 cups cheddar, shredded
4 tbsp. buffalo wing sauce
2 cups panko breadcrumbs
1 tsp. dry sriracha powder
1 egg white, beaten
celery sticks, for serving
bleu cheese dressing, for serving

Directions

1. Boil the chicken in a saucepot for 10 mins. Remove and shred the chicken.
2. Add the chicken, buffalo wing sauce, and cheddar to a bowl and mix well.
3. Mix the panko breadcrumbs and sriracha in a separate bowl. Set the bowl aside.
4. Fill the center of each wonton wrapper with 1 tbsp. chicken mixture.
5. Brush the edges of each wonton wrapper with water. Fold each wrapper over to create a triangle and press to seal.
6. Brush the wontons with the egg white.
7. Sprinkle the panko breadcrumbs mixture over the wonton wrappers.
8. Place the wonton wrappers onto the Air Flow Racks.
9. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 15 mins. to begin the cooking cycle.

DRIED CRANBERRY BREAD PUDDING

serves 25

Ingredients

5 eggs
3 cups half and half
 $\frac{3}{4}$ cup sugar
2 tsp cinnamon
1 tsp. vanilla extract
1 loaf bread, brioche, sliced
 $\frac{3}{4}$ cup dried cranberries

Directions

1. Combine the eggs, half and half, sugar, cinnamon, and vanilla in a large bowl. Set the bowl aside.
2. Cube the bread and mix it with the egg mixture and cranberries.
3. Spoon the bread pudding into six large ramekins.
4. Place an Air Flow Rack in the air fryer.
5. Place the ramekins on the Rack. Press the Power Button and then the Baking Button (320° F/160° C) and decrease the cooking time to 14 mins. to begin the cooking cycle.



UNICORN DOO DOO CAKES

serves 8

Ingredients

1 box white cake mix
16 flat-bottomed wafer ice cream cones
2 cups vanilla frosting
pink, purple, blue and yellow food coloring
edible glitter, for garnish

Directions

1. Prepare the white cake batter according to the manufacturer's instructions.
2. Divide the batter into four small bowls.
3. Color one batter pink, one purple, one blue, and one yellow.
4. Spoon the different-colored batters in layers into the ice cream cones, filling only three-quarters of each cone. Place the cones on the Air Flow Racks.
5. Place the Racks in the air fryer. Press the Power Button (15-min. cooking time) and decrease the cooking temperature to 350° F/175° C to begin the cooking cycle.
6. Let the cakes cool completely.
7. Divide the frosting into four bowls.
8. Color one frosting pink, one purple, one blue, and one yellow.
9. Prepare a piping bag with a star tip.
10. Spread the pink frosting along one-quarter side of the bag.
11. Spread the purple frosting onto another quarter, followed by the blue and then the yellow.
12. Pipe rosettes onto the cupcakes and sprinkle with the glitter.



TERRACOTTA SUCCULENT CUPCAKES

makes 16

Ingredients

1 devil's food cake mix
1 cup chocolate frosting
1 cup graham cracker crumbs
3 cups vanilla frosting
16 chocolate glazed donut holes
assorted green food colorings

Directions

1. Prepare the cake batter according to the manufacturer's instructions.
2. Line 2 in.-wide clay pots with mini-cupcake liners.
3. Fill each pot three-quarters full with the cake batter.
4. Arrange the pots onto the Air Flow Racks.
5. Place the Racks in the air fryer. Press the Power Button and then the Baking Button (320° F/160° C) and decrease the cooking time to 15 mins. to begin the cooking cycle.
6. Let the cakes cool completely.
7. Spread or pipe a small layer of chocolate frosting over the cupcakes.
8. Dip the cupcakes into the graham cracker crumbs.
9. Color the vanilla frosting various shades of green.
10. Place a donut hole over each graham cracker layer and secure the donut holes with a toothpick.
11. Using a star tip, pipe rosettes around each donut hole. Alternatively, use a leaf tip to pipe various flora.
12. Remove the toothpicks before serving.



CHOCOLATE COLA CAKE

serves 6

Ingredients

CAKE

1/4 cup vegetable oil
4 tbsp. butter, melted
1 egg
1/4 cup milk
1/2 tsp. vanilla extract
2 tbsp. cocoa powder
1 cup flour
1 cup sugar
1/2 tsp. salt
1/2 tsp. baking powder
12 oz. cola, reduced by half

FROSTING

1 stick unsalted butter, room temperature
1 tbsp. cocoa powder
1 cup confectioner's sugar
2 tbsp. heavy cream
1/2 tsp. vanilla extract
1/3 cup pecans, rough chopped,
for garnish

Directions

1. Combine the oil, butter, egg, milk, and vanilla extract in a bowl and mix to make the egg mixture.
2. Combine the cocoa powder, flour, sugar, salt, and baking powder in a separate bowl and mix to make the dry mixture.
3. Add half of the dry mixture to the egg mixture.
4. Add the reduced soda to the egg mixture and mix to combine.
5. Add the remaining dry mixture to the egg mixture and mix to combine.
6. Place the batter in a greased 8-in. cake pan.
7. Place an Air Flow Rack in the air fryer.
8. Place cake pan on the Rack. Press the Power Button and then the Baking Button (320° F/160° C for 30 mins.) to begin the cooking cycle.
9. While the cake cooks, combine all the frosting ingredients and whip until smooth.
10. Spread the frosting over the cooled cake.
11. Sprinkle the pecans over the cake.



NY STYLE CHEESECAKE

serves 4

Ingredients

CRUST

¾ cup graham cracker crumbs
¼ tsp. ground cinnamon
2 tbsp. butter, melted

FILLING

1 ½ lb. cream cheese, room temperature
¼ cup sour cream, room temperature
3 large eggs, room temperature
2/3 cup confectioner's sugar
1 tsp. vanilla extract
½ tsp. salt
2 tbsp. flour

SOUR CREAM TOPPING

½ cup sour cream
3 tbsp. confectioner's sugar
½ tsp. vanilla extract
whipped cream, for serving

Directions

1. Combine all the crust ingredients in a bowl and mix until crumbly.
2. Press the crust evenly onto the bottom and slightly up the edge of a 6-in. springform pan. Place the Pan on an Air Flow Rack.
3. Place the Rack in the air fryer. Press the Power Button and decrease the cooking temperature to 350° F/175° C and the cooking time to 5 mins. to begin the cooking cycle.
4. Combine the cream cheese and sour cream in a separate bowl and beat until creamy.
5. Add the remaining filling ingredients to the bowl and mix until fully incorporated.
6. Pour the filling into the pan.
7. Cover the cheesecake with foil. Place the pan on a Rack.
8. Place the Rack in the air fryer. Press the Power Button and then the Baking Button (320° F/160° C) and increase the cooking time to 60 mins. to begin the cooking cycle. When the cooking cycle is complete, set the cooking time to 45 mins. for a total cooking time of 1 hr. 45 mins.
9. Let the cheesecake cool for 2 hrs. in the pan.
10. Refrigerate the cheesecake for at least 6 hrs. (preferably overnight).
11. Combine all the topping ingredients in a bowl and whisk until smooth.
12. Carefully remove the cheesecake from the pan.
13. Spread the sour cream filling over the top of the cheesecake.
14. Serve with whipped cream.

S'MORES PIZZA

serves 4

Ingredients

½ cup heavy cream
1 ¼ cup chocolate chips
1 refrigerated thin crust pizza dough
9 graham crackers, crumbled
1 cup mini marshmallows
12 oz. chocolate candy bar, crumbled
chocolate syrup, for serving
marshmallow crème, for serving

Directions

1. Bring the heavy cream to a simmer in a saucepan over medium heat to make the ganache.
2. Pour the chocolate chips into the saucepan and stir.
3. Let the mixture sit for 3 mins. on the heat.
4. Whisk until smooth.
5. Remove from the heat.
6. Shape the pizza dough onto an Air Flow Rack.
7. Place the Rack in the air fryer. Press the Power Button and then the Pizza Button (360° F/182° C) and decrease the cooking time to 10 mins. to begin the cooking cycle. Flip the dough after 5 mins.
8. Once the cooking cycle has finished, flip the dough.
9. Spread the ganache over the pizza crust.
10. Scatter the graham crackers, marshmallows, and chocolate bar over the ganache.
11. Place the dough back into the air fryer. Press the Power Button and then the Pizza Button (360° F/182° C) and decrease the cooking time to 10 mins. to begin the cooking cycle.
12. Garnish with chocolate syrup and marshmallow crème.

PRETZEL BITES

serves 8

Ingredients

1 crescent dough sheet
1 cup water
½ cup baking soda
pretzel salt

Directions

1. Open the crescent dough sheet into four long strips.
2. Fold the dough over itself and roll into a $\frac{3}{4}$ in.-thick log.
3. Use a dough scraper or sharp knife to cut each log into six nuggets.
4. Combine the water and baking soda in a small bowl.
5. Dip each nugget into the water bath and place them onto the Air Flow Racks.
6. Sprinkle the nuggets with the pretzel salt.
7. Place the Racks in the air fryer. Press the Power Button and decrease the cooking temperature to 360° F/182° C and the cooking time to 12 mins. to begin the cooking cycle.



CHERRY PIE

serves 6

Ingredients

2 store-bought pie crusts
2 (15 oz.) cans cherry pie filling
1 egg, beaten for egg wash
raw sugar, for garnish

Directions

1. Place a layer of the pie dough into a lightly greased 8-in. pie pan.
2. Trim the dough, leaving 1 in. over the side of the pan.
3. Fold the excess dough inward to create a thick crust.
4. Create a scalloped edge using your thumbs and pointer finger.
5. Refrigerate the dough for 15 mins.
6. Fill the shell with the cherry filling. You may have some left over.
7. Cut the remaining pie crust into strips. Create a lattice over the filling.
8. Brush the lattice with the egg wash and sprinkle with the sugar.
9. Place an Air Flow Rack in the air fryer.
10. Place the pan on the Rack. Press the Power Button and then the Baking Button (320° F/160° C) and increase the cooking time to 45 mins. to begin the cooking cycle.



APPLE PIE

serves 4

Ingredients

2 sheets store-bought pie dough
1 cup apple pie filling
1 egg, beaten, for egg wash
raw sugar, for garnish

Directions

1. Unroll the pie dough. Cut four rectangles out of each sheet.
2. Place $\frac{1}{4}$ cup apple filling onto the center of four rectangles.
3. Top with a second dough rectangle.
4. Use a fork to seal the edges.
5. Trim any uneven edges.
6. Transfer the pies onto the Air Flow Racks.
7. Brush the pies with the egg wash.
8. Use a paring knife to cut four slots onto the top of each pie.
9. Sprinkle raw sugar onto the pies.
10. Place the Racks in the air fryer. Press the Power Button, decrease the cooking temperature to 360° F/ 182° C, and increase the cooking time to 16 mins. to begin the cooking cycle. Remove the pies when they become golden brown.



FRIED CHOCOLATE COOKIES

serves 8

Ingredients

2 crescent dough sheets
16 double stuffed chocolate cookies
confectioner's sugar, for garnish

Directions

1. Cut each crescent dough sheet into eight squares.
2. Wrap each cookie with a square of the dough.
3. Place the cookies onto the Air Flow Racks.
4. Place the Racks in the air fryer. Press the Power Button and then the French Fry Button (400° F/200° C) and decrease the cooking time to 12 mins. to begin the cooking cycle.
5. Sprinkle the cookies with the confectioner's sugar.



SHAQ™ Air Fryer



Recipe Book

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Quick Start Guide



STEP 1

Remove Basket
Pull the Handle straight out.



STEP 2

Load Basket
Place the Fry Tray in the Basket and push down until the Fry Tray clicks into place. Arrange the food you are cooking on top of the Fry Tray.



STEP 3

Return Basket to Unit
Push the Handle straight in until it clicks.



STEP 4

Power Unit On
Set the time and temperature. Follow instructions specific to your recipe.



STEP 5

Remove Basket
Set the Basket on a secure, heat-resistant surface. Use tongs to remove food.

Fish Sticks

serves 4

Ingredients

2 large eggs
3 tbsp. milk
2 cups panko breadcrumbs
1 cup white flour
1 lb. cod, cut into sticks
1 tbsp. olive oil
 $\frac{1}{4}$ tsp. sea salt
 $\frac{1}{2}$ tsp. ground black pepper
tartar sauce, for serving

Directions

1. Combine the eggs and milk in a bowl.
2. Pour the breadcrumbs onto a baking sheet.
3. Pour the flour onto a second baking sheet.
4. Coat the fish sticks in the olive oil, sea salt, and black pepper.
5. Dip the fish sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Press the Fish Button, set the cooking temperature to 350° F, and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the fish sticks in the Basket. Insert the Basket into the air fryer.
9. Press the Fish Button, set the cooking temperature to 350° F, and set the cooking time to 12 mins. Flip the fish sticks halfway through the cooking time.
10. Serve with the tartar sauce.



Garlic Knots

serves 6

Ingredients

1 lb. pizza dough, refrigerated
½ cup olive oil
1 tbsp. garlic
1 tsp. sea salt
1 tbsp. chopped fresh parsley
1 tbsp. grated Parmesan cheese
marinara sauce, for serving

Directions

1. Roll the pizza dough out until ½ in. thick.
2. Slice the dough lengthwise to form strips approximately ¾ in. wide.
3. Roll the dough strips between your palm and the countertop. Make a knot with each dough strip.
4. Combine the olive oil, garlic, sea salt, parsley, and Parmesan cheese in a bowl and mix.
5. Roll the knots in the mixture in the bowl.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Press the Chicken Button, set the cooking temperature to 360° F, and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the knots in the Basket. Insert the Basket into the air fryer.
9. Press the Chicken Button, set the cooking temperature to 360° F, and set the cooking time to 12 mins. Flip the knots halfway through the cooking time.
10. Serve with the marinara sauce.



Onion Rings

serves 4

Ingredients

4–6 oz. frozen battered onion rings

Directions

1. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
2. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place the enough onion rings in the Basket to cover the bottom without overcrowding. Insert the Basket into the air fryer.
4. Press the French Fry Button (400° F) and set the cooking time to 10 mins.
5. When the cooking time is complete, remove the Basket and toss the onion rings.
6. Place the Basket back into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 10 mins. (additional time may be required to reach the desired doneness).



French Fries

serves 4

Ingredients

2 russet potatoes
1 tbsp. olive oil
1 tbsp. sea salt
½ tsp. ground black pepper

Directions

1. Place a pot on the stove top. Place the potatoes in the pot and cover the potatoes with water. Blanch the potatoes over high heat until tender.
2. Remove the potatoes from the pot, let cool, and cut the potatoes into fries.
3. Toss the fries with the olive oil, sea salt, and black pepper in a bowl.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the French fries in the Basket, being careful not to overfill, and place the Basket into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 18 mins. Shake the Basket periodically and toss the fries halfway through the cooking time.



Hot Wings

serves 5

Ingredients

30 chicken wing drumettes, raw
1 cup buffalo sauce

Directions

1. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
2. Press the French Fry Button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place the chicken wings in the Basket. Insert the Basket into the air fryer.
4. Press the French Fry Button (400° F) and set the cooking time to 25 mins. Flip the chicken wings halfway through the cooking time.
5. Remove the chicken wings and toss with the buffalo sauce.
6. Return the chicken wings to the Basket. Insert the Basket into the air fryer.
7. Press the French Fry Button (400° F) and set the cooking time to 8 mins. Toss the wings halfway through the cooking time.



SHAQ™

Mac & Cheese Balls

serves 4+

Ingredients

2 cups leftover macaroni and cheese, refrigerated
1/3 cup shredded cheddar cheese
3/4 cup flour
3 eggs
2 cups milk
1 cup plain breadcrumbs

Directions

1. Combine the macaroni and cheese and cheddar cheese in a bowl.
2. Pour the flour into a second bowl.
3. Pour the breadcrumbs into a third bowl.
4. Combine the eggs and milk in a fourth bowl and mix.
5. Use a small ice cream scoop to make ping pong-size balls out of the macaroni and cheese mixture.
6. Roll the mac and cheese balls in the flour, then the egg mixture, and finally the breadcrumbs.
7. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
8. Press the Chicken Button, set the cooking temperature to 360° F, and set the cooking time to 3 mins. Let the air fryer preheat.
9. Place the mac and cheese balls in the Basket. Insert the Basket into the air fryer.
10. Press the Chicken Button, set the cooking temperature to 360° F, and set the cooking time to 10 mins. Rotate the mac and cheese balls halfway through the cooking time.



Mozzarella Sticks

serves 5

Ingredients

1 1-lb. block mozzarella cheese
1/4 cup flour
2 eggs
3 tbsp. nonfat milk
1 cup plain breadcrumbs
4 oz. tomato sauce, warm, for dipping

Directions

1. Cut the mozzarella cheese into 3 x 1/2-in. sticks.
2. Pour the flour into a bowl.
3. Combine the egg and milk in a second bowl and mix.
4. Pour the breadcrumbs into a third bowl.
5. Dip the mozzarella sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Lay the breaded mozzarella sticks on a baking sheet. Place the sheet in the freezer until the sticks become solid (1–2 hrs.).
7. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
8. Press the French Fries Button, set the cooking temperature to 400° F, and set the cooking time to 3 mins. Let the air fryer preheat.
9. Place the mozzarella sticks in the Basket, being careful not to overfill. Insert the Basket into the air fryer.
10. Press the French Fries Button, set the cooking temperature to 400° F, and set the cooking time to 12 mins.
11. Serve the mozzarella sticks with the tomato sauce.



Coconut Shrimp

serves 5

Ingredients

18 large shrimp, raw,
peeled & deveined
1 ¼ cups unsweetened
coconut, dried
1 ½ cups panko breadcrumbs
6 oz flour
1 tbsp. cornstarch
½ cup egg whites, raw

Directions

1. Place the shrimp on paper towels.
2. Combine the coconut and breadcrumbs on a baking sheet and mix.
3. Combine the flour and cornstarch on a second baking sheet and mix.
4. Place the egg whites in a bowl.
5. Dip one shrimp at a time into the flour mixture, then the egg whites, and finally coconut mixture. Repeat until all the shrimp are coated.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Press the Shrimp button (330° F) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the shrimp in the Basket, being careful not to overcrowd. Insert the Basket into the air fryer.
9. Press the Shrimp button (330° F for 12 mins.). Turn the shrimp halfway through the cooking time.



SHAQ

Bacon-Wrapped Potato Tots

serves 5+

Ingredients

1 16-oz. bag frozen extra-crispy potato tots
1 lb. medium-size bacon slices
 $\frac{1}{2}$ cup shredded cheddar cheese
4 scallions
3 tbsp. sour cream

Directions

1. Wrap each potato tot with a piece of bacon.
2. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
3. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
4. Place the potato tots in the Basket, being careful not to overcrowd. Insert the Basket into the air fryer.
5. Press the French Fry button (400° F) and set the cooking time to 8 mins.
6. Transfer the potato tots to a plate.
7. Spread the cheddar cheese and scallions over the potato tots and serve with the sour cream.



Beef Empanadas

serves 4+

Ingredients

1 tbsp. olive oil
1 lb. ground beef
2 cloves garlic, peeled & minced
1 small onion, peeled & minced
½ green pepper, seeded & diced
½ tsp. cumin
¼ cup tomato salsa
sea salt, to taste
ground black pepper, to taste
1 egg yolk
1 tbsp. milk
1 pack empanada shells

Directions

1. Place a sauté pan on the stove top. Heat the olive oil over high heat, add the ground beef, and cook until the meat is browned. Discard any excess fat.
2. Add the garlic and onion, cover the pan, and cook for 4 mins.
3. Lower the heat to low. Add the green pepper, cumin, salsa, sea salt, and black pepper and cook for 10 mins.
4. Combine the egg and milk to make an egg wash.
5. Place each empanada shell on the countertop. Add some of the cooked beef to half of the shells. Brush the edges of the shells with the egg wash, fold the dough over the meat, seal with a fork, and brush with the egg wash.
6. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
7. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the empanadas (one or two per batch) in the Basket. Insert the Basket into the air fryer.
9. Press the French Fry button (400° F) and set the cooking time to 10 mins.



SHAQ™

Chicken Tenders

serves 4

Ingredients

½ cup flour
3 large eggs
2 oz. milk
1 cup panko breadcrumbs
8 chicken tenders
1 tsp. sea salt
½ tsp. ground black pepper
1 tsp. olive oil
4 oz. honey mustard, for serving

Directions

1. Pour the flour onto a pan.
2. Combine the egg and milk in a bowl and mix.
3. Pour the breadcrumbs onto a separate pan.
4. Dip each chicken tender into the flour, then the egg mixture, and finally the breadcrumbs.
5. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
7. Place the chicken tenders in the Basket. Insert the Basket into the air fryer.
8. Press the French Fry button (400° F) and set the cooking time to 14 mins. Flip the chicken tenders halfway through the cooking time.



Spring Rolls

serves 5

Ingredients

2 tbsp. grapeseed oil
2 cups sliced & chopped cabbage
 $\frac{1}{2}$ lb. shiitake mushrooms, destemmed & sliced
1 tsp. minced ginger
1 clove garlic, peeled & minced
3 scallions, chopped
8 oz. water chestnuts, diced
 $\frac{1}{2}$ lb. cooked shrimp, chopped
sea salt, to taste
ground black pepper, to taste
1 egg yolk
1 tbsp. water
6–8 spring roll wrappers
sweet chili sauce or a sauce of your choice, for serving

Directions

1. Place a sauté pan on the stove top. Heat the grapeseed oil over high heat and then sauté the cabbage. Remove and reserve the cabbage.
2. Sauté the mushrooms, ginger, garlic, and scallions. Then, remove and reserve them.
3. Combine the cabbage, mushrooms, ginger, garlic, scallions, water chestnuts, shrimp, sea salt, and black pepper in a bowl to make the filling.
4. Combine the egg and water in a separate bowl to make the egg wash.
5. Once the filling is cooled, lightly squeeze any excess water from the filling.
6. Place each wrapper with a point facing you to form a diamond. Coat the top point of the wrapper with the egg wash. Place 2 tbsp. of filling on each wrapper. Roll up the wrappers, folding the sides up as you roll.
7. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
8. Press the Chicken Button, set the cooking temperature to 360° F, and adjust the cooking time to 3 mins. Let the air fryer preheat.
9. Place the spring rolls in the Basket. Multiple batches may be required for smaller air fryer models. Insert the Basket into the air fryer.
10. Press the Chicken Button, set the cooking temperature to 360° F, and set the cooking time to 15 mins. Turn the spring rolls periodically.
11. Serve with the sweet chili sauce.



Roast Turkey Reuben

serves 2

Ingredients

2 tbsp. unsalted butter
4 slices rye bread
8 slices Swiss cheese
8 slices roasted turkey breast,
skin removed
4 tbsp. coleslaw
2 tbsp. Russian dressing

Directions

1. Spread the butter on one side of 2 slices of bread.
2. Lay the buttered bread slices, buttered side down, on a cutting board.
3. Layer the Swiss cheese, turkey, coleslaw, and dressing on top of each slice of bread. Top with the unbuttered bread slices.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the Bake button (310° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the sandwiches in the Basket. Multiple batches may be required. Insert the Basket into the air fryer.
7. Press the Bake button (310° F) and set the cooking time to 12 mins. Flip the sandwiches halfway through the cooking time.
8. Slice the sandwiches before serving.



Bang Bang Shrimp

serves 6

Ingredients

1/4 tsp. dried sriracha powder
1 cup cornstarch
2 lb. 21-25 shrimp, peeled & deveined
1/4 cup. sweet chili sauce
1/4 cup. mayonnaise
iceberg lettuce, for serving

Directions

1. Mix the dried sriracha and cornstarch together in a bowl.
2. Coat the shrimp in the cornstarch mix.
3. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
4. Press the French Fry button (400° F) and set the cooking time to 3 mins.
5. Place the shrimp in a single layer in the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 15 mins. Flip the shrimp after 10 mins.
7. While the shrimp cooks, combine the mayonnaise and sweet chili sauce.
8. Serve the shrimp over lettuce and with the sauce for dipping.



Orange Chicken

serves 4

Ingredients

1 lb. boneless & skinless chicken breast, cubed

1 egg, beaten

1 cup cornstarch

2 tsp. salt

½ tsp. ground black pepper

Orange Sauce

1 cup orange juice

2 tbsp. butter

2 tsp. low-sodium soy sauce

2 tsp. brown sugar

1 tsp. ginger, grated

1 tsp. garlic, grated

1 tsp. rice vinegar

1 tbsp. finely chopped scallion

1 pinch red pepper flakes

zest of 1 orange

white rice, for serving

Directions

1. Toss the chicken with the egg in a bowl.
2. Combine the cornstarch, salt, and black pepper in a separate small bowl and mix.
3. Coat the chicken with the cornstarch mixture. Shake off any excess cornstarch.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the French Fry button (400° F) and set the cooking time to 3 mins.
6. Place the chicken in the Basket. Insert the Basket into the air fryer.
7. Press the French Fry button (400° F) and set the cooking time to 15 mins.
8. Combine all the sauce ingredients in a pan and bring to a boil on the stove top. Then, lower the heat to simmer. Cook until reduced by half.
9. Transfer the cooked chicken to a bowl.
10. Add the sauce and toss to coat (Caution: Contents will be hot).
11. Serve the chicken over white rice with an extra drizzle of orange sauce.



SHAO™

Honey-Roasted Salmon

serves 2

Ingredients

¾ cup. honey
⅓ cup. sweet soy sauce
2 tbsp. light brown sugar
¼ cup orange juice
2 tbsp. lemon juice
2 tbsp. red wine vinegar
2 tsp. olive oil
2 clove of garlic
1 scallion, chopped finely
2 4-oz. salmon fillets
salt & ground black pepper, to season

Directions

1. Combine all the ingredients except the salmon, salt, and black pepper in a saucepan over low heat.
2. Bring to a boil and then lower to a simmer. Reduce for 15 mins., stirring often.
3. Rub each salmon fillet with olive oil and season with the salt and ground black pepper.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the Shrimp button (330° F) and set the cooking time to 3 mins.
6. Place the salmon in the Basket. Insert the Basket into the air fryer.
7. Press the Shrimp button (330° F) and set the cooking time to 12 mins.
8. Once the cooking cycle has finished, brush the salmon with the sauce.
9. Return the salmon to the air fryer. Press the Shrimp button (330° F) and set the cooking time to 5 mins.
10. Serve with the sauce and chopped scallions.



SHAQ™

Crunchy French Toast

serves 6

Ingredients

Egg Mixture

1 large egg

1 tsp. vanilla

1 tsp. salt

1 tbsp. unsalted butter, melted

½ cup heavy cream

1 ripe banana, mashed

1 brioche loaf, cut into 12 slices

1 cup cinnamon crunch cereal, crushed finely

Topping

½ cup chopped pecans

½ cup dried cranberries

1 ripe banana, sliced

maple syrup

Directions

1. Mix the egg, vanilla, salt, butter, cream, and the mashed banana in a bowl.
2. Dip the brioche slices into the egg mixture and coat the bread with the cereal crumbs.
3. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
4. Press the French Fry button (400° F) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the French toast slices (one per batch) in the Basket. Insert the Basket into the air fryer.
6. Press the French Fry button (400° F) and set the cooking time to 10 mins. Flip the French toast halfway through the cooking time.
7. Top with the pecans, cranberries, banana slices, and syrup.

Peach Turnover

serves 4

Ingredients

1 ready-made pie dough

8 tbsp. peach pie filling

1 tbsp. sugar

Directions

1. Unroll the pie dough and cut the dough into four squares.
2. Fill each pie square with 2 tbsp. peach pie filling. Fold the squares over to make triangles and use a fork to seal the edges.
3. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
4. Press the Bake button (310° F) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the turnovers in the Basket. Insert the Basket into the air fryer.
6. Press the Bake button (310° F) and set the cooking time to 15 mins. Flip the turnovers halfway through the cooking time.
7. Remove the turnovers and sprinkle with the sugar.

Chocolate–Hazelnut Spread Croissant

serves 4+

SHAQ™

Ingredients

1 8-oz. can crescent rolls
8 tsp. chocolate
hazelnut spread

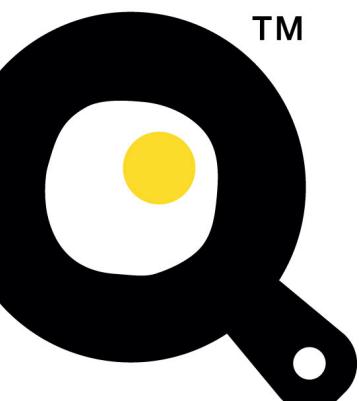
Directions

1. Unroll the crescent dough and separate into triangles.
2. Spread about 1 tsp. chocolate hazelnut spread over the top of each triangle, leaving about $\frac{1}{4}$ in. of space around the edges.
3. Roll each triangle up and over the filling from the widest end to the top point. Gently form into a crescent shape.
4. Insert the Fry Tray into the Basket. Insert the Basket into the air fryer.
5. Press the Bake button (310° F) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place some croissants in the Basket. Smaller batches may be required for smaller air fryer models. Insert the Basket into the air fryer.
7. Press the Bake button (310° F) and set the cooking time to 8 mins.



Learning to Cook with

SHAOTM



Airfryer Recipes

Beef Rolled Tacos

2/24/2020

204

Yield: 32 Tacos	Portion: 4 each	
Ingredients	Quantity	Method
Ingredients Chuck Roast Salt, kosher Black Pepper, ground Olive oil Salsa, (store bought is fine or the one we make) Beef Stock	2 Pounds To taste To taste 3 Tbsp. 1 ½ cups 3 cups	<ul style="list-style-type: none">In the smart cooker, preheat to the braise function.Cut the chuck roast in 2 inch pieces and season with salt and pepper.On the "Sear" function at 450 degrees in the smart cooker, brown the meat in the oil.Add the salsa and beef stock and continue to cook on the "Braise" function for 45 minutes at 250 degrees or until meat is tender.When the meat is finished, shred and cool.
Shredded Mexican Cheese Blend Cilantro Chipotle Pepper Puree	1 lb 1 bunch ¼ cup	<ul style="list-style-type: none">Add the cooked vegetables to the blender.
Corn Tortillas, 4"	32 each	<ul style="list-style-type: none">Dip the tortillas in water and place in the airfryer at 400 degrees for 5 minutes to soften them.Lay the tortillas out on the cutting board and fill with the filling.Roll and seal with toothpicks.Place the rolled tacos in the airfryer on 400 degrees for 10 minutes.Serve with salsa and guacamole.



Roasted Tomato Salsa

2/24/2020

202

Yield: 1 pound		Portion: 4 oz
Ingredients	Quantity	Method
Ingredients Roma Tomatoes Yellow Onion Garlic, whole clove Jalapeno, fresh Salt Black Pepper, ground	5 each 1/4 each 2 each 2 each	<ul style="list-style-type: none">Remove the husks from the garlic.Cut the tops off the jalapenos.Core the tomatoes.Cut the onion and leave the 1/4 attached and whole.Add all ingredients to the airfryer and spray with olive oil cooking spray. Season with salt and pepper.Cook at 400 degrees for 20 minutes.
Fresh Lime Juice Chipotle Pepper in Adobo Salt, kosher Black Pepper, ground Sugar Cilantro, Fresh Olive Oil	1/2 lime 3 each To taste To taste 1 tsp. 1 Bunch 1 Tbsp.	<ul style="list-style-type: none">Add the cooked vegetables to the blender.Add the remaining ingredients and blend well.Cool.



Papa John Pizza Re-Heat

2/24/2020

203

Yield: 2 Slices		Portion: 1 Slice
Ingredients	Quantity	Method
Ingredients Papa John Pepperoni Pizza	2 Slices	<ul style="list-style-type: none">• If possible, we should remove the pizza box from the refrigerator.• Have Shaquille take out two slices and put in the air-fryer.• Set for 400 degrees for 5 minutes.



Brussels Sprouts with Bacon

2/24/2020

201

Yield: 1 pound		Portion: 4 oz
Ingredients	Quantity	Method
Ingredients Brussels Sprouts (Quartered) Bacon, Raw Salt, kosher Black Pepper, ground	1 Lb 5 Slices To taste To Taste	<ul style="list-style-type: none">• Quarter the brussels sprouts and place in the bottom of the air-fryer.• Chop the raw bacon slices into 1 inch pieces and place on top of the brussels sprouts.• Season with Salt and pepper.• Turn to the Roast Chicken setting for 20 minutes at 360 degrees.• Pour out onto a platter.



Crunchy French Toast Sticks

2/24/2020

200

Yield: 4 Servings		Portion: 6 Sticks
Ingredients	Quantity	Method
Ingredients		
Thick Bread (Texas Toast)	8 Slices	
Milk	1 Cup	
Eggs	2 Eggs	
Cinnamon	½ Tsp	
Vanilla	½ Tsp	
Frosted Flakes	3 Cups	
		<ul style="list-style-type: none">• Cut each slice of bread in 3 strips.• Mix the milk, eggs, vanilla and cinnamon.• Crush the frosted flakes and put on a plate.• Dredge each pieces and coat well in the frosted flakes.• Place in the air-fryer on the baking setting at 310 degrees and change the time to 10 minutes.



Ribs

2/20/2020

102

Yield:		Portion:
Ingredients	Quantity	Method
Paprika Chili powder Cumin Garlic, granulated Sugar, light brown Salt , kosher Pepper Black, ground fresh Thyme, dried leaves Onion Powder Cayenne Pepper	½ cup 4 Tbsp. 1 Tbsp. 2 Tbsp. ½ cup 4 Tbsp. 2 Tbsp. 1 Tbsp. 1 Tbsp. 1 Tbsp.	<ul style="list-style-type: none"> Mix all of the dry spices well.
Pork St. Louis Ribs Mustard, yellow	2 Racks ¼ cup	<ul style="list-style-type: none"> Smear the mustard on the ribs. Sprinkle each rack liberally with the reserved dry spice. Let the ribs sit to absorb the spices overnight if possible.
Apple Juice Yellow Onion Garlic, cloves	½ cup 1 each 4 each	<ul style="list-style-type: none"> Slice the onion and lay in the bottom of the smart cooker. Add the garlic cloves and the apple juice. Circle the racks in the cooker so the bones are upright. Place in the smart cooker on the “slow cooker” setting at 190 degrees for 2 hours.
BBQ Sauce	2 cups	<ul style="list-style-type: none"> When the ribs are done, take out of the smart cooker and brush on BBQ Sauce. Place sauced ribs in the airfryer for 12 minutes at 400 degrees on the “French fry” setting to glaze. Serve on platter.



Coconut Shrimp

2/24/2020

205

Yield: 16 Shrimp	Portion: 4 shrimp	
Ingredients	Quantity	Method
Ingredients		
AP Flour	1/3 cup	<ul style="list-style-type: none">• Mix the flour with the salt and pepper and reserve.
Salt, Kosher	1/2 tsp.	
Black Pepper, ground	1/2 tsp.	
Eggs	2 each	<ul style="list-style-type: none">• Beat the eggs with the coconut milk with a fork in a shallow dish.
Coconut Milk	1/4 cup	
Panko Breadcrumbs	3/4 cup	<ul style="list-style-type: none">• Mix the coconut and the breadcrumbs together and place in a shallow dish.
Sweetened Coconut	1 cup	
Shrimp, 16-20 per pound, tail on	1 lb	<ul style="list-style-type: none">• Remove the shell and devain the shrimp.• Cut the shrimp halfway through the back to butterfly them out a little bit.• Dredge the shrimp in the flour, then the egg mixture and then the coconut mixture.• Place finished shrimp in the airfryer on the "Shrimp" setting at 330 degrees for 8 minutes. Serve hot.



Nashville Hot Thighs

2/24/2020

208

Yield:	Portion:	
Ingredients	Quantity	Method
Ingredients		<ul style="list-style-type: none">• Mix all ingredient well.
Brown Sugar	3 tsp.	
Smoked Paprika	5 tsp.	
Cayenne Pepper	4 tsp.	
Paprika	2 tsp.	
Chipotle Powder	3 tsp.	
Chili Powder	½ tsp.	
Garlic Powder	1 tsp	
Kosher Salt	3 tsp.	
Black Pepper, ground	½ tsp.	
Canola Oil	¾ cup	
AP Flour	½ cup	
Kosher Salt	1 tsp.	
Spicy Oil Mix Above	¼ cup	
Buttermilk	1 cup	<ul style="list-style-type: none">• Mix all ingredient well. Should be a pancake batter consistency.
Chicken Thighs, boneless skinless	1 pound	<ul style="list-style-type: none">• Coat the chicken in the batter and then press firmly in the breadcrumbs.
Panko Breadcrumbs	4 cups	<ul style="list-style-type: none">• Place in the airfryer and set to the Chicken setting for 15 minutes at 360 degrees.• Drizzle the cooked chicken with some of the remaining oil when it comes out of the fryer.



Teriyaki Meatballs

2/24/2020

206

Yield: 40 Meatballs		Portion: 4 each
Ingredients	Quantity	Method
Ingredients Sesame Oil Garlic, minced Soy Sauce Mirin Brown Sugar Crushed Pineapple Siracha	1 tsp. 1 clove 1/3 cup 1/2 cup 1/2 cup packed 1/2 cup 2 tsp.	<ul style="list-style-type: none">• Mix everything in a small pot on the stove.• Bring to a boil and make sure everything is dissolved.
Corn Starch Water	1 Tbsp. 1/2 cup	<ul style="list-style-type: none">• Mix the water with the cornstarch.• Wisk the cornstarch mixture into the sauce.• Bring to a boil while whisking.
Ground Beef Green Onion, chopped Garlic Powder Ginger Powder Eggs Panko Breadcrumbs Soy Sauce Salt, kosher Black Pepper, ground	2 Lbs 1/4 cup 1 tsp. 1/2 tsp. 2 each 3/4 cup 3 Tbsp. 1 tsp. 1/2 tsp.	<ul style="list-style-type: none">• Mix all ingredients well in a bowl or Shaq stand mixer.• Scoop out with a cookie scoop to form 1.5 inch meatballs.• Place finished meatballs in the arifryer on the "Roast Beef" setting at 350 degrees for 15 minutes. Serve hot.• When the meatballs are finished cooking, toss with the hot sauce.
Sesame Seeds Green Onions, sliced	1 Tbsp. 1/4 Cup	<ul style="list-style-type: none">• Garnish the meatballs with the sesame seeds and the green onions.



Apple Crumble Hand Pies

2/20/2020

107

Yield: 4		Portion: 1
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
Pie Dough, pre-made sheets	4" rounds	
Apple Crumble	1 cup	
Eggs	1 egg beaten	
Sugar, granulated	4 tsp.	
		<ul style="list-style-type: none">• Cut 4" round from the premade pie dough sheets.• Add $\frac{1}{4}$ cup of the Apple Crumble recipe filling to each round. Make sure the apple crumble has been cooled prior to use4 in this recipe.• Egg wash the outside edge and fold the circle over creating a half moon shape.• Use a fork to seal the outside edge.• Brush with the beaten egg and sprinkle with the sugar.
		<ul style="list-style-type: none">• Turn on the air fryer at 350 degrees for 15 minutes on the cake mode.



Roasted Turkey Breast

3/11/2020

209

Yield: 1 breast		Portion:
Ingredients	Quantity	Method
Ingredients		<ul style="list-style-type: none"> Mix all ingredients well.
Water, warm	8 cups	
Sugar	½ cup	
Salt, kosher	½ cup	
Black Pepper, whole	3 Tbsp.	
Poultry Herbs, fresh	¾ oz.	
Garlic, smashed clove	2 each	
Raw Skin-On Boneless Turkey Breast	1 each	<ul style="list-style-type: none"> Place the turkey in a metal mixing bowl and cover with the brine. Refrigerate overnight.
Mustard, Dijon	¼ cup	
Mayonnaise	3 Tbsp.	
Salt, kosher	To coat	
Black Pepper, ground	To coat	<ul style="list-style-type: none"> Remove the turkey from the brine and pat dry. Mix the mayo and mustard with the salt and pepper and coat the breast on all sides. Place in the airfyer at 350 for 50 minutes or until the internal temperature is 165 degrees.
Bacon, cooked	4 slices	
Butter Lettuce	1 leaf	
Mayo	1 Tbsp	
Tomatoes	1 each	
Sourdough, sliced	2 slices	<ul style="list-style-type: none"> Use this to show a sandwich build at the end after we slice the turkey.



Hard Boiled Eggs

3/11/2020

210

Yield: 10 each		Portion:
Ingredients	Quantity	Method
Ingredients Eggs, medium	10 each	<ul style="list-style-type: none">Place eggs in the airfryer and set to 270 degrees for 15 minutes.Remove the eggs and place in ice water.



Baked Sweet Potatoes

3/11/2020

211

Yield: 2 each		Portion: 1 each
Ingredients	Quantity	Method
Ingredients Sweet Potato Olive Oil, spray Salt, kosher Black Pepper, ground	2 each To coat To taste To taste	<ul style="list-style-type: none">Wash sweet potatoes well.Coat in the oil and season with the salt and pepper.Place eggs in the airfryer and set to 390 degrees for 30 minutes.Remove and cut open. Top with yogurt mixture below.
Non-Fat Greek Yogurt Maple Syrup Cinnamon Salt, kosher Orange Zest	½ cup 1 Tbsp. 1/8 tsp. ¼ tsp. ¼ tsp.	<ul style="list-style-type: none">Mix all ingredients well in a bowl.Top cooked sweet potatoes with the yogurt mixture.

