



**Bennett Read**<sup>®</sup>

## **22L AIR FRYER OVEN**

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FAMILY-SIZED CAPACITY, MULTIPURPOSE COOKING SOLUTION

# *Recipe Guide*



# Contents

## **IMPORTANT**

Please read your Bennett Read 22L Air Fryer Oven User Guide thoroughly before using the appliance. It contains important information regarding operation and safety.

## **PLEASE NOTE:**

Temperatures, methods etc shown are approximate and may vary depending on the type and amount of food used.

Recipes are based on approximately 2- 4 servings. Please increase or decrease ingredients in proportion, depending on the desired number of servings.

## **MEASUREMENT KEY:**

Tsp. = Teaspoon

Tbsp. = Tablespoon

(1 Tablespoon = 3 Teaspoons)

Images shown are for illustration purposes only and may vary slightly from the recipes.

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## SCRAMBLED EGGS & BACON

### INGREDIENTS:

250g (1 packet) bacon  
6 eggs  
Salt and pepper  
1 Tbsp. of butter

### DIRECTIONS:

1. Preheat the Air Fryer Oven to 180°C.
2. Lay bacon on a single layer inside the Air Fryer basket. It's ok if there is some overlapping.
3. Cook on AIR FRY setting for 6 minutes, then flip the bacon over and cook until crisp, about 4 minutes more.
4. Transfer the bacon to a plate lined with paper towels.
5. Place the butter into a baking dish and place the dish into the Air Fryer Oven to allow the butter to melt.
6. In a mixing bowl, mix the eggs, add salt and pepper to taste.
7. Pour the egg mixture into the pre-heated baking dish and place it back into the oven for 2 min.
8. Remove the egg mixture, stir and place back into the Air Fryer Oven, stirring every minute until the desired consistency is achieved.
9. Serve with your favourite breakfast beverage.



**TIP:**  
Leave the bacon in longer if you prefer it crispier

## BREAKFAST BOMBS

### INGREDIENTS:

3 centre-cut bacon slices  
3 large eggs, lightly beaten  
30g low fat cream cheese, softened  
1 Tbsp. chopped fresh chives  
120g fresh prepared whole-wheat pizza dough  
Cooking spray

### DIRECTIONS:

1. Preheat the Air Fryer Oven to 180°C.
2. Prepare the bacon as described above and crumble it into a bowl.
3. Prepare the eggs as described above, but for only about 1 minute so they are still loose.
4. Transfer eggs to a bowl; stir in cream cheese, chives, and crumbled bacon.
5. Divide the dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 12cm diameter circle.
6. Place one-fourth of the egg mixture in the centre of each dough circle.
7. Brush outside edge of dough with water; wrap dough around egg mixture to form a purse, pinching together dough at the seams.
8. Place dough purses in a single layer in the Air Fryer basket; coat well with cooking spray. Cook at 180°C on AIR FRY until golden brown, 5 to 6 minutes, checking after 4 minutes.



**TIP:**  
Take them on the go!

## FRENCH TOAST STICKS

### INGREDIENTS:

2 large eggs  
 1/3 cup milk  
 1 Tbsp. butter, melted  
 1 Tsp. vanilla extract  
 1 Tsp. ground cinnamon  
 4 slices bread, cut into thirds  
 1 Tsp. confectioners sugar, or to taste

### DIRECTIONS:

1. Mix eggs, milk, butter, vanilla extract, and cinnamon together in a bowl.
2. Line an Air Fryer basket with parchment paper. Dip each piece of bread into the milk mixture and place in the basket. Make sure they are not touching; cook in batches if necessary.
3. Preheat the Air Fryer Oven to 180°C. Add basket and cook bread for 6 minutes on AIR FRY; flip and cook for 3 minutes more. Sprinkle each stick with confectioners sugar.



**TIP:**  
 Top with fruit for a delicious, healthy breakfast

## BREAKFAST FRITTATA

### INGREDIENTS:

100g breakfast sausage, fully cooked and crumbled  
 4 eggs, lightly beaten  
 2 cups grated cheese  
 2 Tbsp. red bell pepper, diced  
 1 green onion, chopped  
 1 pinch cayenne pepper (optional)  
 Cooking spray

### DIRECTIONS:

1. Combine sausage, eggs, cheese, bell pepper, onion, and cayenne in a bowl and mix to combine.
2. Preheat the Air Fryer Oven to 180°C. Spray a nonstick cake pan with cooking spray.
3. Place egg mixture in the prepared cake pan.
4. Cook in the Air Fryer until frittata is set, approximately 18 to 20 minutes.



## AIR-FRIED POTATO CHIPS

### INGREDIENTS:

1 medium Russet potato (about 350g), unpeeled, cut into 3mm thick slices  
 1 Tbsp. canola oil  
 1/4 Tsp. sea salt  
 1/4 Tsp. freshly ground black pepper  
 Canola oil  
 1 Tsp. chopped fresh rosemary

### DIRECTIONS:

1. In a large bowl of cold water, soak potato slices for 20 min. Drain potatoes and pat dry with paper towels.
2. Wipe bowl dry; then add oil, salt, and pepper. Add potatoes; toss gently to coat.
3. Lightly coat Air Fryer basket with cooking spray. Place half of the potato slices in the basket, and cook in two batches at 180°C on AIR FRY mode until cooked through and crispy, about 25 to 30 min.
4. Using a pair of tongs, carefully remove chips from Air Fryer to plate. Sprinkle with rosemary; serve immediately or store in an airtight plastic container.



## AIR-FRIED ONION RINGS WITH COMEBACK SAUCE

### INGREDIENTS:

1/2 cup all-purpose flour  
 1 Tsp. smoked paprika  
 1/2 Tsp. salt (divided)  
 1 large egg  
 1 Tbsp. water  
 1 cup whole-wheat breadcrumbs  
 1 sweet onion, cut into 1cm rings  
 Cooking spray  
 1/4 cup plain low-fat Greek yoghurt  
 2 Tbsp. mayonnaise  
 1 Tbsp. tomato sauce  
 1 Tsp. Dijon mustard  
 1/4 Tsp. garlic powder  
 1/4 Tsp. paprika

### DIRECTIONS:

1. Stir together flour, smoked paprika, and 1/4 Tsp. of the salt in a shallow dish. Lightly beat egg and water in a second shallow dish. Stir together breadcrumbs and remaining 1/4 Tsp. salt in a third shallow dish. Dredge onion rings in flour mixture, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in breadcrumb mixture, pressing to adhere. Coat both sides of onion rings well with cooking spray.
2. Place onion rings in a single layer in the Air Fryer basket, and cook in batches at 180°C on AIR FRY until golden brown and crispy on both sides, about 10 minutes, turning onion rings over halfway through cooking. Cover to keep warm while cooking remaining onion rings.
3. Meanwhile, stir together yogurt, mayonnaise, tomato sauce, mustard, garlic powder, and paprika in a small bowl until smooth. To serve, place 6 to 7 onion rings on each plate with 2 Tbsp. sauce.



## CINNAMON APPLE CHIPS WITH ALMOND YOGURT DIP

### INGREDIENTS:

- 1 (30g) apple
- 1 Tsp. ground cinnamon
- 2 Tsp. canola oil
- Cooking spray
- 1/4 cup plain 1% low-fat Greek yogurt
- 1 Tbsp. almond butter
- 1 Tsp. honey

### DIRECTIONS:

1. Thinly slice apple on a mandoline. Place slices in a bowl with cinnamon and oil; toss to coat evenly.
2. Coat Air Fryer basket well with cooking spray. Place 7 to 8 apple slices in single layer in basket, and cook at 180°C for on AIR FRY for 12 minutes, turning the slices every 4 minutes and rearranging slices to flatten them, as they will move during the cooking process. Slices will not be completely crisped, but will continue to crisp upon cooling. Repeat with remaining apple slices.
3. While apple slices cook, stir together yogurt, almond butter, and honey in a small bowl until smooth. To serve, place 6 to 8 apple slices on each plate with a small dollop of dipping sauce.



## ROASTED FRENCH FRIES

### INGREDIENTS:

- 500g Potato
- Salt and pepper
- Tomato sauce
- Mustard
- Mayonnaise

### DIRECTIONS:

1. Using the Air fry function, preheat the Air Fryer Oven to 230°C for 5 mins.
2. Cut the potatoes into strips and place into a large pot. Boil the strips in water until almost cooked.
3. Place the potato strips in the frying basket. Place the frying basket on the baking tray or grill and place into the oven.
4. Air fry for 20 to 25 minutes, or until crispy.
5. Serve while hot with sauce of your choice.



## SWEET POTATO TOTS

### INGREDIENTS:

2 small (400g total) sweet potatoes, peeled  
1 Tbsp. potato starch  
1/8 Tsp. garlic powder  
1 1/4 Tsp. salt (divided)  
3/4 cup tomato sauce  
Cooking spray

### DIRECTIONS:

1. Bring a medium pot of water to a boil over high heat. Add potatoes, and cook until just fork tender, about 15 minutes. Transfer potatoes to a plate to cool, about 15 minutes.
2. Working over a medium bowl, grate potatoes using the large holes of a box grater. Gently toss with potato starch, garlic powder and 1 Tsp. salt. Shape mixture into about 24 (2,5cm) tot-shaped cylinders.
3. Lightly coat Air Fryer basket with cooking spray. Place 1/2 of tots (about 12) in single layer in the basket, and spray with cooking spray. Cook at 200°C on AIR FRY until lightly browned, 12 to 14 minutes, turning tots halfway through cooking time. Remove from fry basket and sprinkle with 1/8 Tsp. salt. Repeat with remaining tots and salt. Serve immediately with tomato sauce.



## AIR-FRIED PORK DUMPLINGS WITH DIPPING SAUCE

### INGREDIENTS:

1 Tsp. canola oil  
4 cups chopped bok choy (about 350g)  
1 Tbsp. chopped fresh ginger  
1 Tbsp. chopped garlic (3 garlic cloves)  
120g ground pork  
1/4 Tsp. crushed red pepper  
18 (9cm square) dumpling wrappers  
Cooking spray  
2 Tbsp. rice vinegar  
2 Tsp. lower-sodium soy sauce  
1 Tsp. toasted sesame oil  
1/2 Tsp. packed light brown sugar  
1 Tbsp. finely chopped scallions

### DIRECTIONS:

1. Heat canola oil in a large nonstick skillet over medium-high heat. Add bok choy and cook, stirring often, until wilted and mostly dry for 6 to 8 minutes. Add ginger and garlic; cook, stirring constantly for 1 minute. Transfer bok choy mixture to a plate to cool for 5 minutes. Pat the mixture dry with a paper towel.
2. Stir together ground pork, bok choy mixture, and crushed red pepper in a medium bowl.
3. Place a dumpling wrapper on work surface and spoon about 1 Tbsp. filling in centre of wrapper. Using a pastry brush or your fingers, lightly moisten the edges of the wrapper with water. Fold the wrapper over to make a half-moon shape, pressing edges to seal. Repeat process with remaining wrappers and filling.
4. Lightly coat Air Fryer basket with cooking spray. Place 6 dumplings in basket, leaving space between each; lightly spray the dumplings with cooking spray. Cook at 180°C on AIR FRY for 12 minutes or until lightly browned, turning dumplings over halfway through cooking. Repeat with remaining dumplings, keeping cooked dumplings warm.
5. Meanwhile, stir together rice vinegar, soy sauce, sesame oil, brown sugar, and scallions in a small bowl until sugar is dissolved.



## AIR-FRIED CHICKEN

### INGREDIENTS:

Non-stick spray  
 2 Chicken breast fillets, tenderloins separated if attached, breasts cut in half lengthwise  
 4 Chicken drumsticks  
 1 Cup buttermilk  
 1 Cup finely ground Japanese breadcrumbs  
 1/3 Cup all-purpose flour  
 3 Tsp. sweet paprika  
 1 1/2 Tsp. garlic powder  
 1 1/2 Tsp. onion powder  
 1 Tsp. finely chopped fresh thyme

### DIRECTIONS:

1. Using the AIR FRY function, preheat the Air Fryer Oven to 200°C for 10 mins. Lightly spray the Air Fryer basket with non-stick spray.
2. In a large bowl, season the chicken generously with salt and pepper. Add buttermilk and toss to coat. In another large bowl, mix breadcrumbs, flour, paprika, garlic powder, thyme, and 1 tsp. salt.
3. Working with 1 piece at a time, drain chicken pieces from buttermilk, dredge in breadcrumb mixture, and place in Air Fryer basket. Set aside, at room temperature, for 20 mins to allow coating to adhere to the chicken.
4. Very lightly spray non-stick spray over the top of the chicken. Position the basket in the middle rack position, and cook for 20 mins, or until chicken is crisp on top. Turn chicken pieces over and cook for 15 to 20 mins, or until they are crisp on top and cooked through. Let stand for 5 mins before serving.



## GAME DAY NACHOS

### INGREDIENTS:

240g lean ground beef  
 1/4 tsp. smoked paprika  
 1/4 tsp. cumin  
 1 tsp. all-purpose flour  
 1 Cup black beans, drained, rinsed  
 240g corn tortilla chips  
 110g grated Monterey Jack cheese  
 110g grated Cheddar cheese  
 Accompaniments: Sour cream, guacamole, diced tomatoes, diced red onion, thinly sliced jalapeños, coriander leaves

### DIRECTIONS:

1. Using the BAKE function, preheat the Air Fryer Oven to 220°C for 10 mins. Position the oven rack in the middle rack position.
2. Heat a large non-stick frypan over high heat. Add beef, paprika and cumin. Break up the meat into large clusters while cooking for 3 mins or until cooked through.
3. Stir in flour and 3 tbsp. water and cook for 1 min, or until sauce clings to the beef. Fold beans through beef mixture. Season with salt.
4. Arrange half of the chips on an oven tray. Top with half of the beef mixture, then half of the cheeses. Repeat layering with remaining chips, meat and cheeses. Bake nachos for 5 to 8 mins, or until the cheese is melted throughout and bubbling.
5. Remove from the oven and top the nachos with sour cream, guacamole, tomatoes, onions, jalapeños and coriander.





## STUFFED BAKED POTATOES WITH SPINACH & BACON

### INGREDIENTS:

4 Russet potatoes  
 1 Tsp. olive oil  
 4 Slices thick-cut bacon  
 1 Shallot, finely chopped  
 3 Garlic cloves, finely chopped  
 8 Cups baby spinach  
 1 Cup grated mozzarella cheese, divided  
 1/2 Cup sour cream  
 60g Cream cheese  
 1/4 Cup finely grated parmesan cheese  
 1 Tbsp. prepared horseradish

### DIRECTIONS:

1. Using the BAKE function, preheat the oven to 230°C for 10 mins. Position the oven rack in the middle rack position.
2. Place potatoes on an oven tray, coat with oil and sprinkle with salt and pepper. Bake potatoes for 1 hour, or until a knife easily slips through the centre of the potatoes. Set aside to cool for 5 mins before handling.
3. Cook bacon over medium-high heat in a frypan until crisp. Drain bacon on paper towels, then finely chop. Remove oil from the pan, leaving about 1 tbsp. of oil. Add shallots and garlic and stir for 2 mins or until shallots soften. Add spinach in batches and cook for 2 mins, or until spinach wilts. Transfer spinach to colander and press out excess moisture.
4. Cut off tops of potatoes. Carefully scoop out the flesh, keeping the skins intact. Place the potato flesh in a bowl and mix in the spinach, 3/4 cup mozzarella, sour cream, cream cheese, parmesan, horseradish, and all but 2 tbsps. chopped bacon. Season with salt and pepper. Spoon the mixture into the potato skins. Sprinkle remaining mozzarella over the stuffed potatoes.
5. Return potatoes to tray and bake for 16 to 18 minutes, or until cheese is melted. Sprinkle with reserved bacon.



## CHICKEN NUGGETS

### INGREDIENTS:

1 cup buttermilk  
 900g chicken tenderloins, cut into nugget size  
 1 cup flour  
 3 Tbsp. grated parmesan cheese  
 1 Tbsp. paprika  
 1 Tbsp. parsley flakes  
 1 Tsp. salt  
 1 Tsp. ground black pepper  
 2 eggs  
 2 cups breadcrumbs  
 Cooking spray

### DIRECTIONS:

1. Mix buttermilk and chicken in a large bowl and let soak while you prepare the seasoned flour.
2. Combine flour, Parmesan cheese, paprika, parsley, salt, and pepper in a large bowl. Beat eggs in a separate bowl. Pour bread crumbs onto a flat plate.
3. Dredge each chicken nugget first in flour, then in beaten egg, and finally coat in breadcrumbs.
4. Preheat the Air Fryer on AIR FRY to 200°C. Spray the basket with cooking spray. Place as many nuggets into the basket as you can without overcrowding. Lightly mist the tops of the nuggets with cooking spray.
5. Cook for 10 minutes. Flip chicken nuggets and cook for an additional 2 minutes. Remove and repeat with remaining nuggets.



## ROTISSERIE CHICKEN

### INGREDIENTS:

1kg Whole chicken, cavity cleaned, trussed  
 1 Tsp. olive oil  
 1 1/2 Tsp. salt  
 1 1/2 Tsp. freshly ground pepper  
 1 1/2 Tsp. paprika  
 1/2 Tsp. garlic powder  
 1/2 Tsp. dried basil  
 1/2 Tsp. dried thyme  
 1/2 Tsp. dried oregano  
 1/2 Tsp. garlic powder

### DIRECTIONS:

1. Combine the spices in a bowl.
2. Coat the chicken with oil and season with the spice mixture.
3. Place the baking tray on the lowest rack (to collect drippings). Skewer the chicken with the rotisserie and place into the rotisserie position inside the oven.
4. Set the oven to the Rotisserie function and cook the chicken at 180°C for 35 mins, or until an instant-read thermometer inserted into the thickest part of chicken thigh reads 74°C and the juice runs clear when pierced. Cooking time may vary depending on the size of the chicken.
5. Remove the chicken from the oven and rest it on a cutting board for 10 mins. Transfer to a platter and serve.



## CRISPY VEGGIE QUESADILLAS

### INGREDIENTS:

4 (15cm diameter) whole-grain tortillas  
 120g reduced-fat sharp Cheddar cheese, grated  
 1 cup sliced red bell pepper  
 1 cup sliced baby marrow  
 1 cup black beans, drained and rinsed  
 Cooking spray  
 60g plain Greek yoghurt  
 1 Tsp. lime zest plus 1 Tbsp. fresh juice  
 1/4 Tsp. ground cumin  
 2 Tbsp. chopped fresh coriander  
 1/2 cup drained salsa

### DIRECTIONS:

1. Place tortillas on a work surface. Sprinkle 2 Tbsp. shredded cheese over half of each tortilla. Top cheese on each tortilla with 1/4 cup each red pepper slices, baby marrow slices, and black beans. Sprinkle evenly with remaining 1/2 cup cheese. Fold tortillas over to form half-moon shaped quesadillas. Lightly coat quesadillas with cooking spray, and secure with toothpicks.
2. Lightly spray Air Fryer basket with cooking spray. Carefully place 2 quesadillas in the basket, and cook at 200°C until tortillas are golden brown and slightly crispy, cheese is melted, and vegetables are slightly softened, 10 min, turning quesadillas over halfway through cooking. Repeat with remaining quesadillas.
3. While quesadillas cook, stir together yogurt, lime zest, lime juice, and cumin in a small bowl. To serve, cut each quesadilla into wedges and sprinkle with coriander. Serve each with 1 Tbsp. cumin cream and 2 Tbsp. salsa.



## WHOLE-WHEAT PITA PIZZA

### INGREDIENTS:

1/4 cup marinara sauce  
 2 whole-wheat pita rounds  
 30g baby spinach leaves  
 Small plum tomato, cut into 8 slices  
 1 small garlic clove, thinly sliced  
 30g grated mozzarella cheese (about 1/4 cup)  
 1 Tbsp. shaved parmesan cheese

### DIRECTIONS:

1. Using the AIR FRY function, preheat the oven to 180°C for 10 mins. Position the oven rack in the middle rack position.
2. Spread marinara sauce evenly over 1 side of each pita bread. Top with half each of the spinach leaves, tomato slices, garlic, and cheeses.
3. Place 1 pita in Air Fryer basket, and cook until cheese is melted and pita is crisp (about 4 to 5 minutes). Repeat with remaining pita.
4. Add bacon, chicken or salami for a meaty alternative.



**TIP:**  
 Air frying is also perfect for pre-made pizzas!

## ITALIAN-STYLE MEATBALLS

### INGREDIENTS:

2 Tbsp. olive oil  
 1 medium shallot, minced  
 3 cloves garlic, minced  
 1/4 cup whole-wheat bread crumbs  
 2 Tbsp. full cream milk  
 350g lean ground beef  
 150g bulk turkey sausage  
 1 large egg, lightly beaten  
 1/4 cup finely chopped fresh flat-leaf parsley  
 1 Tbsp. finely chopped fresh rosemary  
 1 Tbsp. finely chopped fresh thyme  
 1 Tbsp. Dijon mustard  
 1/2 Tsp. salt

### DIRECTIONS:

1. Preheat Air Fryer on BAKE to 200°C. Heat oil in a medium nonstick frypan over medium-high heat. Add shallot and cook until softened, 1 to 2 min. Add garlic and cook just until fragrant, 1 min. Remove from heat.
2. In a large bowl, combine breadcrumbs and milk. Let stand for 5 min.
3. Add cooked shallot and garlic to bread crumb mixture, along with beef, turkey sausage, egg, parsley, rosemary, thyme, mustard, and salt. Stir gently to combine.
4. Shape mixture into 4cm balls. Place shaped balls in a single-layer in Air Fryer basket. Cook half the meatballs at 200°C for 10 to 11 minutes, or until lightly browned and cooked-through. Remove and keep warm. Repeat with remaining meatballs.
5. Serve warm over pasta.



## GLAZED DOUGHNUTS

### INGREDIENTS:

1/4 Cup warm water (40°C)  
 1 Tsp. active dry yeast  
 1/4 Cup, plus 1/2 tsp.  
 granulated sugar, divided  
 2 Cups (240g) all-purpose  
 flour  
 1/4 Tsp. salt  
 1/4 Cup whole milk, at room  
 temperature  
 2 Tbsp. unsalted butter,  
 melted  
 1 Large egg, beaten  
 1 Cup (110g) powdered  
 sugar  
 4 Tsp. tap water

### DIRECTIONS:

1. Stir together water, yeast, and 1/2 Tsp. of granulated sugar in a small bowl; let stand until foamy, about 5 min. Combine flour, salt, and remaining 1/4 cup granulated sugar in a medium bowl. Add yeast mixture, milk, butter, and egg; stir with a wooden spoon until a soft dough comes together. Turn dough out onto a lightly floured surface and knead for 1 to 2 min until smooth. Transfer dough to a lightly greased bowl. Cover and let rise in a warm place for about 1 hour until doubled in volume.
2. Turn dough out onto a lightly floured surface. Gently roll to 6mm thickness. Cut out 8 doughnuts using an 80mm round cutter and a 25mm round cutter to remove centre. Place doughnuts and doughnuts holes on a lightly floured surface. Cover loosely with plastic wrap and let stand until doubled in volume, about 30 min.
3. Place 2 doughnuts and 2 doughnuts holes in single layer in Air Fryer basket, and cook on AIR FRY at 180°C until golden brown, 4 to 5 minutes. Repeat with remaining doughnuts and holes.
4. Whisk together powdered sugar and tap water in a medium bowl until smooth. Dip doughnuts and doughnut holes in glaze; place on a wire rack set over a rimmed baking sheet to allow excess glaze to drip off. Let stand until glaze hardens, about 10 minutes.



## BROWNIES

### INGREDIENTS:

1/2 Cup granulated sugar  
 1/3 Cup cocoa powder  
 1/4 Cup all-purpose flour  
 1/4 Tsp. baking powder  
 A pinch of salt  
 1/4 Cup butter, melted and  
 cooled slightly  
 1 Large egg

### DIRECTIONS:

1. Grease a 15cm round cake pan with cooking spray. In a medium bowl, whisk to combine sugar, cocoa powder, flour, baking powder, and salt.
2. In a small bowl, whisk melted butter and egg until combined. Add wet ingredients to dry ingredients and stir until combined.
3. Transfer brownie batter to prepared cake pan and smooth top. Preheat Air Fryer Oven to 180°C on BAKE for 5 min. Bake the brownies for 16-18 min. Let cool 10 min. before slicing.



## CHURROS WITH CHOCOLATE SAUCE

### INGREDIENTS:

1/2 Cup water  
 1/4 Tsp. salt  
 1/4 Cup , plus 2 Tbsp. unsalted butter, divided  
 1/2 Cup (about 60g) all-purpose flour  
 2 Large eggs  
 1/3 Cup granulated sugar  
 2 Tsp. ground cinnamon  
 100g Bittersweet baking chocolate, finely chopped  
 3 Tbsp. heavy cream  
 2 Tbsp. vanilla yoghurt

### DIRECTIONS:

1. Bring water, salt, and 1/4 cup of the butter to a boil in a small saucepan over medium-high heat. Reduce heat to medium-low; add flour and stir vigorously with a wooden spoon until dough is smooth, about 30 seconds. Continue cooking, stirring constantly, until dough begins to pull away from sides of pan and a film forms on bottom of pan, 2 to 3 minutes. Transfer dough to a medium bowl. Stir constantly until slightly cooled, about 1 minute. Add eggs, 1 at a time, stirring constantly until completely smooth after each addition. Transfer mixture to a piping bag fitted with a medium star tip. Chill for 30 min.
2. Pipe 6 (8cm long) pieces in single layer in Air Fryer basket. Preheat oven to 200°C on AIR FRY setting and cook for about 10 min. or until golden brown. Repeat with remaining dough.
3. Stir together sugar and cinnamon in a medium bowl. Brush cooked churros with remaining 2 Tbsp. melted butter, and roll in sugar mixture to coat.
4. Place chocolate and cream in a small microwavable bowl. Microwave on HIGH until melted and smooth, about 30 seconds, stirring after 15 seconds. Stir in yoghurt. Serve churros with chocolate sauce.



## DRIED FRUIT

### INGREDIENTS:

Fruit of your choice, such as:  
 Apricots  
 Grapes  
 Plums  
 Mangos  
 Apples  
 Strawberries

### DIRECTIONS:

1. Wash and dry fruit completely
2. Peel (optional) and thinly slice the fruit of your choosing. Place fruit on Air Fryer racks.
3. Preheat the Air Fryer oven to 55°C for 5 min.
4. Use the DEHYDRATE setting and dehydrate fruit for 4 hours, or until about 95% hydrated. If fruit seems soft or sticky, they need to continue to dehydrate. If your food is hard and crunchy, then it is fully dehydrated. Humidity or air conditioning could affect the time it takes to dehydrate your food.
5. Allow your food to cool to room temperature before you store it. During storage, keep in mind to protect it from heat, light and moisture. Store your foods in a zip lock bag and seal tightly. You can also use a Bennett Read Vacuum Sealer to ensure your bags are sealed extra tight. Place the bags in a dark, cool and dry area.



## CHOCOLATE CHUNK COOKIES

### INGREDIENTS:

1 cup all-purpose flour  
 1/2 Tsp. baking soda  
 110g unsalted butter (at room temperature)  
 1 Large egg  
 1/2 Cup granulated sugar  
 1/3 Cup packed light brown sugar  
 Pinch of sea salt  
 2 Tsp. ground cinnamon  
 170g dark chocolate, chopped into chunks  
 1 Tsp. pure vanilla extract  
 1 Cup pecan halves, toasted

### DIRECTIONS:

1. Using the BAKE mode, preheat Air Fryer Oven to 180°C for 5 min. Position oven rack in the middle rack position.
2. In a small bowl, whisk flour and baking soda
3. In a large bowl, using an electric hand mixer, beat butter, granulated sugar, brown sugar, vanilla and salt on medium-high speed for 4 min, or until creamy. Add egg and beat until well blended. Reduce mixer speed to low and gradually beat in flour mixture until just blended. Add chocolate chunks and pecans and mix just until pecans break up a bit.
4. Using a heaped Tbsp. of dough for each cookie, drop 8 mounds of dough on a pan.
5. Bake the cookies for 15 min, or until edges are golden but centres are still soft and moist. Cool cookies on a sheet pan for 3 min, then transfer to a wire rack.
6. Repeat with remaining dough, using a cooled sheet pan for each batch.



**TIP:**  
 Serve warm  
 for a delicious  
 treat!

## CHOCOLATE CAKE

### INGREDIENTS:

180g Brown Sugar  
 109g all-purpose flour  
 60 g unsweetened cocoa powder or 4 Tbsp.  
 3/4 Tsp. baking powder  
 3/4 Tsp. baking soda  
 1/2 Tsp. salt  
 1 Large egg  
 1/2 Cup milk  
 1/4 Cup vegetable oil  
 1 Tsp. vanilla extract  
 1/2 Cup hot water (add in some instant coffee powder if preferred)

### DIRECTIONS:

1. Using the BAKE mode, preheat Air Fryer Oven to 180°C for 5 min. In a large bowl, stir together all the dry ingredients (sugar, flour, cocoa powder, baking powder, baking soda and salt).
2. Add in the egg, milk, oil and vanilla extract to the dry mixture. Gently stir the mixture to mix it evenly. Lastly, add the hot water (you can use plain hot water). Again, gently stir it to make sure the mixture is mixed evenly.
3. It is normal for the batter to begin thinning. Pour the mixture into a baking pan and cover the baking pan with foil with holes poked in it.
4. Place the baking tray in the oven. Adjust the temperature to 160°C and bake for 35 min. Remove foil and continue baking for another 10 min. until a skewer comes out clean. Be sure to let it cool in the pan for about 10 min. before removing the cake from the pan (the cake will be very moist and soft).





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