



7-IN-1 AIR FRYER & GRILL

KAMTAIRGRLA

TIPS

- Be sure to use on a heat resistant and even surface, such as a heatproof mat. Do not place directly on a benchtop. Keep the appliance at least 30cm away from the wall, furniture, or other flammables.
- Ensure the cooking pot is in the cooking unit when operating.
- If you have selected grill grate, place the grill grate on the cooking pot before preheating.
- The preheating time cannot be adjusted. For less smoke, use canola, avocado, vegetable, or grape seed oil. Olive oil may release more smoke than the other oils.
- Proteins require different cooking times depending on the shapes and sizes. You may need to increase or decrease the recommended cook times to achieve the desired doneness. See the Cooking Proteins section of this recipe book.
- For juicy and tender results, allow the protein to rest for 5 minutes after cooking. For roasts, half chickens, and large steaks, it is recommended to let them rest for 10 minutes.
- Do not overfill the frying basket. Working in smaller batches will give even and faster results.
- Shaking the frying basket during cooking will evenly fry the ingredients.

Grilled New York Strip Steak

Prep Time: 10m – With Preheating – Cooking time: 8m – Serves 2-4



Ingredients

- 2 Uncooked New York Strip Steaks (400-450g Each)
- 2 Tbs Canola Oil, Divided
Kosher Salt, As Desired.
- Ground Black Pepper (as desired).

Method

1. Brush each steak on all sides with 1/2 tbs canola oil. Season with salt and pepper, as desired.
2. Insert grill grate in the unit and close hood. Select “Air Grill”, set the temperature to “High” and set time to 8 minutes. Select “Start” to begin preheating.
3. When the unit beeps to indicate it has preheated, place steaks on the grill grate, gently pressing them down to maximise grill marks. Close hood and cook for 4 minutes.
4. After 4 minutes, flip steaks. Close hood and continue cooking for 4 minutes more.
5. Remove steaks from grill and let it rest 5 minutes, they will continue to cook to a food-safe temperature.
6. When ready, slice steaks.

Grilled Asparagus

Prep Time: 10m – With Preheating – Cooking time: 4m – Serves 2-4



Method

1. Brush each the asparagus on all sides with Salt and pepper, as desired.
2. Insert grill grate in the unit and close hood. Select “Air Grill”, set the temperature to “High” and set time to 4 minutes. Select “Start” to begin preheating.
3. When the unit beeps to indicate it has preheated, place asparagus on the grill grate, gently pressing them down to maximise grill marks. Close hood and cook for 4 minutes.
4. Remove the asparagus from the grill and serve.

Ingredients

- 1 Bunch Asparagus, Trimmed
- Salt and Pepper to Taste

Grilled Honey Glazed Salmon

Prep Time: 5m – With Preheating – Cooking time: 8m – Serves 3-4



Ingredients

- 2 Pieces Salmon Fillets (About 100g Each)
- 6 Tsp Honey
- 6 Tsp Soy Sauce
- 3 Tsp Rice Wine Vinegar
- 1 Tsp Water

Method

1. Mix honey, soy sauce, rice wine vinegar and water together.
2. Pour half (or some) of the mixture in a separate bowl. Set aside as this will be used as a sauce to serve with the salmon.
3. Combine the salmon and the marinade mixture. Let it marinate for at least 2 hours for the best results.
4. Insert grill grate in the unit and close hood. Select “Air Grill”, set the temperature to “Max” and set time to 8 minutes. Select “Start” to begin preheating.
5. When the unit beeps to indicate it has preheated, place fillets on the grill grate, gently pressing them down to maximise grill marks. Close hood and cook for 8 minutes. There is no need to flip the fish during cooking.
6. When cooking is complete, serve fillets immediately.

Grilled Cheeseburgers

Prep Time: 10m – With Preheating – Cooking time: 8m – Serves 1



Ingredients

- 340g Lean Ground Beef
- 1 Hamburger Bun
- 1 Slice of Cheddar Cheese
- 3 Tbs Minced Onion
- 4 Tsp Yellow Mustard
- Salt and Freshly Ground Black Pepper
- Lettuce and Tomato (Optional)

Method

1. Combine ground beef, minced onion, ketchup, mustard, salt, and pepper in a large bowl. Mix well thoroughly and divide the meat for patties.
2. Insert grill grate in the unit and close hood. Select “Air Grill”, set the temperature to “High” and set the timer to 8 minutes for medium-cooked burgers. Select “Start” to begin preheating.
3. When the unit beeps to indicate it has preheated, place patties on the grill grate, gently pressing them down to maximise grill marks. Close hood and cook for 6 minutes.
4. After 6 minutes, place a slice of cheese on each patty. Close hood and continue cooking for 1 minute. Remove cheeseburgers from the grill grate. Place the buns on the grill grate. Close hood and cook for one more minute.
5. When cooking is complete, serve cheeseburgers.

Grilled Chicken Breasts

Prep Time: 10m – With Preheating – Cooking time: 24m – Serves 2-3



Ingredients

- Medium Chicken Breast
- 100g Soft Cheese (Garlic and Herb Flavour)
- 1/4 Tsp Garlic Puree
- 1 Tsp Parsley
- Salt and Pepper to Taste

Method

1. Mix half the parsley, garlic, and soft cheese.
2. With a rolling pin flatten the chicken breast and chop it in half. This allows you to have a top and bottom half of the chicken breast and makes it good for stuffing.
3. Place the soft cheese mixture in the middle of one chicken breast and push the second chicken breast together.
4. In a mixing bowl, add and mix salt, pepper, and remainder of the parsley.
5. Insert grill grate in the unit and close hood. Select “Air Grill”, set the temperature to “Medium” and set time to 24 minutes. Select “Start” to begin preheating.
6. When the unit beeps to indicate it has preheated, place chicken breasts on the grill grate. Close hood and cook for 12 minutes.
7. After 12 minutes, flip the chicken. Close hood to continue cooking for 12 minutes.
8. Allow chicken to rest for 5 minutes before serving.

Roasted Corn

Prep Time: 5m – With Preheating – Cooking time: 10m – Serves 2-4



Method

1. Remove husk from corn. Wash and pat dry.
2. Drizzle vegetable oil over corn.
3. Insert frying basket in the unit and close hood. Select “Roast”, set time to 10 minutes. Select “Start” to begin preheating.
4. When the unit beeps to indicate it has preheated, place corn on the frying basket and close hood and cook for 5 minutes.
5. After 5 minutes, flip corn. Close hood and continue cooking for the remaining 5 minutes.
6. When cooking is complete, serve immediately.

Ingredients

- 4 Fresh Ears of Corn
- 2 To 3 Tsp Vegetable Oil
- Salt and Pepper to Taste

French Fries

Prep Time: 10m – With Preheating – Cooking time: 20m – Serves 2-4



Ingredients

- 4 Medium Potatoes
- 4 Tbs Canola Oil
- 1/4 Tsp Granulated Garlic
- Salt and Pepper to Taste
- 1/2 Tsp Oregano (Optional)

Method

1. Peel potatoes (optional) and cut into fries.
2. Toss potatoes in a large bowl with oil, garlic, salt, pepper, and oregano (optional).
3. Insert frying basket unit and close hood. Select “Fries”, the temperature is fixed at 200°C. Set time to 20 minutes. Select “Start” to begin preheating.
4. When the unit beeps to indicate it has preheated, add frozen fries to the basket. Close hood and cook for 10 minutes.
5. After 10 minutes, shake the basket of fries. Place the basket back in the unit and close hood to resume cooking.
6. After 10 minutes, check fries for doneness. Continue cooking up to 4 more minutes if necessary.

Baked Bacon

Prep Time: 5m – With Preheating – Cooking time: 10m – Serves 1-2



Method

1. Insert frying basket in the unit and close hood. Select “Bake”, set time to 10 minutes, set temperature to 200°C.
2. Select “Start” to begin preheating.
3. When the unit beeps to indicate it has preheated, lay out the bacon in the frying basket and close hood. Cook for 10 minutes.
4. When cooking is complete, serve immediately.

Ingredients

- 8 Slices of Raw Bacon

Buttermilk Fried Chicken

Prep Time: 5m – With Preheating – Cooking time: 16m – Serves 1-2



Ingredients

- 2 Chicken Drumsticks, Patted Dry
- 2 Small Chicken Thighs, Patted Dry
- 2/3 Cup Buttermilk
- Salt and Freshly Ground Black Pepper
- 1/8 Tsp Cayenne Pepper
- 2/3 Cup All-Purpose Flour
- 1 Tsp Paprika
- 1 Tsp Baking Powder
- Non-Stick Cooking Spray

Method

1. In a large sealable plastic bag, combine chicken drumsticks, chicken thighs, buttermilk, 1/4 tsp salt, 1/8 tsp black pepper and cayenne. Remove most of the air, seal and gently squeeze bag to combine. Refrigerate for at least 20 minutes and up to 12 hours.
2. In another large sealable plastic bag, combine flour, garlic powder, paprika, baking powder, 3/4 tsp salt and 3/4 tsp pepper.
3. Dip 2 chicken pieces in buttermilk and take it out. Remove the excess buttermilk and place in bag with flour mixture. Seal and shake well, coating completely.
4. Insert frying basket in the unit and close hood. Select “Air Fry”, set the temperature to 190°C and set time to 16 minutes. Select “Start” to begin preheating.
5. When the unit beeps to indicate it has preheated, arrange the pickles evenly in the frying basket. Close hood to begin cooking for 9 minutes.
6. After 9 minutes, flip pickles. Close hood to resume cooking for 7 minutes.
7. After 7 minutes, check pickles’ doneness. If required, close the hood, and continue cooking for 2 more minutes.
8. When cooking is complete, remove pickles and serve immediately with sauce.

Dehydrated Fruit slices

Prep Time: 5m – With Preheating – Cooking time: 6h – Serves 1-2



Method

1. Cut fruits into slices.
2. Layout the fruits in the frying basket and put in the cooking pot.
3. Set the time to 6 hours.
Temperature is fixed at 40°C.
4. If required, close the hood, and continue cooking for 2 more hours.

Ingredients

- 1 Lemon
- 1 Orange
- 1 Kiwi

COOKING PROTEINS

Proteins require different cooking times depending on the shapes and sizes. You may need to increase or decrease the recommended cook times to achieve the desired doneness.

Poultry	Temp	Cook time	Instruction
Chicken wings (approximately 900g, bone-in)	High	10-14mins	Flip once
Chicken sausages (approximately 340g, 4 sausages)	High	5-6mins	Flip once
Turkey burgers (4 patties, approximately 115g each)	High	11-13mins	No flip

Beef	Temp	Cook time	Instruction
Filet mignon (4 patties, approximately 200g each)	High	12-15mins	Flip once
Hot dogs (4pcs)	High	3-5mins	Flip once
Flat iron or flank steak (2 steaks, approximately 200g each)	High	7-10mins	Flip once
Ribeye (2 steaks, approximately 200g each)	High	8-10mins	Flip once
Skirt (2 steaks, approximately 200g each)	High	7-9mins	Flip once

Pork, Lamb and Veal	Temp	Cook time	Instruction
Sausages (6 Sausages, approximately 100g each)	Low	8-12mins	Flip once
Lamb rack (4 bones)	High	12-14mins	Flip once
Pork chops (4 boneless chops, approximately 225g)	High	14-16mins	Flip once
Pork tenderloins (2 tenderloins, approximately 500g each)	High	15-20mins	Flip once
Veal chops (4 bone-in chops, approximately 120g each)	High	8-12mins	Flip once

Seafood

	Temp	Cook time	Instruction
Halibut (4 fillets, approximately 140g each)	Max	6-9mins	No flip
Oysters (12)	Max	5-7mins	No flip
Cod or haddock (4 fillets, approximately 140g each)	Max	8-10mins	No flip
Scallops (12, approximately 450g)	Max	5-8mins	Flip once
Shrimp (approximately 450 jumbo)	Max	3-5mins	No flip
Swordfish or tuna (4 fillets, approximately 160g each)	Max	6-8mins	No flip

Frozen Poultry

	Temp	Cook time	Instruction
Chicken breasts (4 boneless breasts, approximately 225g)	Medium	20-25mins	Flip 2 to 3 times
Chicken thighs (4 bone-in thighs, approximately 225g)	Medium	25-28mins	Flip 2 to 3 times
Turkey burgers (4 patties, approximately 115g each)	Medium	11-13mins	Flip once

Frozen Beef

	Temp	Cook time	Instruction
Filet mignon (2 steaks, approximately 200g each)	Medium	15-17mins	Flip 2 to 3 times
NY strip (2 steaks, approximately 400g each)	Medium	18-24mins	Flip 2 to 3 times
Ribeye (2 steaks, approximately 400g each)	Medium	18-22mins	Flip 2 to 3 times

Frozen Pork

	Temp	Cook time	Instruction
Pork chops (4 boneless breasts, approximately 225g)	Medium	20-23mins	Flip 2 to 3 times
Pork tenderloin (1 whole tenderloin, approximately 450g)	Medium	20mins	Flip 2 to 3 times
Sausage uncooked (6 Sausages, approximately 100g each)	Low	10-14mins	Flip once

Frozen Seafood	Temp	Cook time	Instruction
Halibut (4 fillets, approximately 160g each)	Max	14-16mins	Flip once
Salmon (4 fillets, approximately 120g each)	Max	10-13mins	Flip once
Shrimp (approximately 1450g jumbo)	Max	4-6mins	No flip
Frozen Veggie Burgers	Temp	Cook time	Instruction
Veggie burgers (4 peas, approximately 115g each)	High	8-10mins	Flip once
Vegetables	Temp	Cook time	Instruction
Baby bok choy (approximately 400g)	Max	9-11mins	Flip once
Bell peppers (3)	Max	10-12mins	Flip once
Broccoli (2 heads, approximately 400g)	Max	10mins	No flip
Brussels sprouts (approximately 900g)	Max	12-15mins	Flip once
Carrots (approximately 680g)	Max	12mins	No flip
Cauliflower (1 head, approximately 400g)	Max	12-15mins	No flip
Corn on the cob (4-5)	Max	10-13mins	Flip once
Cremini mushrooms (approximately 400g)	Max	5-7mins	No flip
Eggplant (1 large, approximately 400g)	Max	10-12mins	Flip once
Green Beans (approximately 680g)	Max	8-10mins	No flip
Onions, white or red (5, cut in half)	Max	10-12mins	No flip
Onions, white or red (1-2, sliced)	Max	2-4mins	Flip once
Portobella mushrooms (4)	Max	8mins	Flip once
Squash or Zucchini (4-5, approximately 680g)	Max	12-16mins	Flip once
Tomatoes (5)	Max	8-10mins	No flip

Fruit

	Temp	Cook time	Instruction
Avocado (3)	High	4-5mins	No flip
Bananas (4)	Max	2mins	No flip
Lemons & Limes (5)	Max	3mins	No flip
Mango (4-6)	Max	4mins	No flip
Melon (6 spears)	Max	4mins	No flip
Pineapple (6-8 slices)	Max	7-9mins	No flip
Stone fruit (4-6 such as peaches & plums)	Max	10-12mins	No flip

Bread & Cheese

	Temp	Cook time	Instruction
Bread (2-3 slices)	Max	3-4mins	No flip
Halloumi cheese (450g)	High	4mins	No flip



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