

Airfryer

Recipe Book

PHILIPS
sense and simplicity

Airfryer



Treat your family to their favorite fried foods and prepare healthier, tastier meals in minutes with the Philips Airfryer. Using patented RapidAir technology, the Airfryer circulates hot air around a metal mesh cooking basket, requiring little or no oil as it fries, bakes and grills. You can create a variety of your favorite foods in the Airfryer, such as chicken tenders, fish nuggets and meatballs. And if you really want to show off your culinary talents, use the Airfryer to prepare tasty croquettes, snacks and even soufflé!

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Serves: 4
Prep time: 50 minutes
Airfryer: 15 minutes
Total time: 1 hour 5 min

Crispy Potato Skin Wedges

Ingredients:

- 4 Medium Russet Potatoes
- 1 cup Water
- ¼ cup Canola Oil
- 1 tsp Paprika
- ¼ tsp Black Pepper
- ¼ tsp Salt

1. Clean the potatoes by scrubbing under running water.
2. Fill a medium-sized pot with water and over medium-high heat, bring water to a boil.
3. Add the potatoes to the boiling water.
4. Once cooked through (approximately 20-30 minutes), remove from water and cool completely in refrigerator for about 30 minutes.
5. After potatoes are cooled down, cut into wedges
6. In a mixing bowl, combine canola oil, paprika, salt and black pepper.
7. Preheat the Airfryer to 390°F.
8. Lightly toss the potatoes into the oil mixture.
9. Place half of the potatoes into the Airfryer skin side down. Don't overcrowd.
10. Cook each batch for 6-8 minutes, shaking halfway through.



French Fries

Ingredients:

- 2 Medium Russet Potatoes
- 1 Tbsp Olive Oil

1. Peel the potatoes and cut them into strips (1/2 inch x 3 inch).
2. Soak the potatoes in water for at least 30 minutes. Then drain the potatoes thoroughly and pat them dry with paper towels.
3. Preheat the Airfryer to 320°F.
4. Carefully coat the fries in oil and transfer to the fryer basket. Cook for 5 minutes, until crisp. Allow to cool.
5. Increase the Airfryer temperature to 390°F.
6. Slide the basket of pre-cooked fries back into the Airfryer and cook for 10-15 minutes or until golden brown.

TIP: Rather than cook the fries in 2 stages, you can cook all the fries at once, for 18-20 minutes at 390°F. This method will result in fries that are a little less evenly browned.

Serves: 4

Prep time: 45 minutes

Cook time: 20 minutes

Total time: 1 hour 5 minutes



Eggplant Fries

Ingredients:

1 Medium Eggplant

¼ cup Cornstarch ¼ cup Olive Oil

¼ cup Water 1 pinch Salt

1. Preheat the Airfryer to 390°F.
2. Cut eggplant to 10 mm X 3 in.
3. In a mixing bowl combine cornstarch, olive oil, water, and eggplant. Mix and coat eggplant evenly.
4. Place half of eggplant fries into the Airfryer. Cook for 12-14 minutes or until eggplant start to brown.
5. Repeat the process until all eggplant fries are cooked.

Parsnip Fries

Ingredients:

6 Medium Parsnips

¼ cup Cornstarch ¼ cup Olive Oil

¼ cup Water 1 pinch Salt

1. Preheat the Airfryer to 390°F.
2. Peel, cut parsnips to 10 mm X 3 in.
3. In a mixing bowl mix cornstarch, olive oil, water, and parsnips. Mix and coat parsnips evenly.
4. Place half of parsnip fries into the Airfryer. Cook for 12-14 minutes or until parsnips start to brown.
5. Repeat the process till all parsnips are cooked.

Zucchini Fries

Ingredients:

4 Medium Zucchini

¼ cup Cornstarch ¼ cup Olive Oil

¼ cup Water 1 pinch Salt

1. Preheat the Airfryer to 390°F.
2. Cut zucchini to 10 mm X 3 in.
3. In a mixing bowl mix cornstarch, olive oil, water, and zucchini. Mix and coat zucchini evenly.
4. Place half of zucchini fries into the Airfryer. Cook for 12-14 minutes or until zucchini start to brown.
5. Repeat the process until all zucchini fries are cooked.



Serves: 4
Prep time: 15 minutes
Cook time: 25 minutes
Total time: 40 minutes

Serves: 4
Prep time: 30 minutes
Airfryer: 15 minutes
Total time: 45 minutes

Potato Croquettes

Ingredients:

- 2 Medium Russet Potatoes, peeled and cubed
- 1 Egg Yolk
- ½ cup Parmesan Cheese, Grated
- 2 Tbsp All Purpose Flour
- 2 Tbsp Chives, Finely Chopped
- 1 pinch Black Pepper
- 1 pinch Nutmeg, Ground
- 2 Tbsp Vegetable Oil
- ½ cup Breadcrumbs

1. Boil the potato cubes in salted water for 15 minutes.
2. Drain the potatoes and mass finely with a potato masher or ricer. Cool completely.
3. Add the egg yolk, cheese, flour and chives to the potato.
4. Season to taste with salt, pepper and nutmeg.
5. Shape the potato mixture into the size of golf balls
6. Place each potato ball into the flour; then the eggs and then the breadcrumbs and roll into a cylinder shape.
7. Preheat the Airfryer to 390F.
8. Place half of the croquettes into the Airfryer basket and cook for 7-8 minutes or until golden brown.
9. Repeat until all croquettes are cooked.

TIP: If you wet your hands slightly before shaping the croquettes, the puree forms easily into smooth croquettes

Double the croquette recipe and freeze half of the prepared unfried croquettes for another time.

Rosemary Russet Potato Chips

Ingredients:

- 2 Medium Russet Potatoes
- ¼ cup Olive Oil
- ½ cup Sour Cream
- 2 tsp Chopped Rosemary
- 1 Tbsp Roasted Garlic
- 1 pinch Salt

1. Preheat the Airfryer to 390°F.
2. Take 1 head of garlic, cut the topside off. Placed into aluminum foil with 1 tbsp olive oil, salt, and cook for 20 minutes. When finished cool and set aside.
3. Scrub potatoes under running water.
4. On a clean cutting board cut potatoes lengthwise.
5. Now with a peeler peel potato strips right into a mixing bowl full of water.
6. Soak potatoes for 30 minutes; change the water several times.
7. Preheat the Airfryer to 320°F.
8. In a mixing bowl toss potato strips with remaining olive oil. Place chips into fry basket.
9. Set the timer for 28 to 30 minutes. Cook until golden brown.
10. While chips are cooking combine sour cream, roasted garlic, ½ tbsp chopped rosemary, & salt.
11. Finish the potato chips with remaining ½ tbsp chopped rosemary and salt.

TIP: The key to the perfect chip is to frequently shake the basket throw out the cooking process.

Serves: 2
Prep time: 40 minutes
Cook time: 30 minutes
Total time: 1 hr 10 minutes



Serves: 4
Prep time: 15 minutes
Cook time: 45 minutes
Total time: 1 hr

Sweet Potato Fries with Curried Yogurt

Ingredients:

- 4 Medium Sweet Potatoes
- ½ cup Greek Yogurt
- ¼ cup Cornstarch
- 1 tsp Curry Powder Mild
- ¼ cup Canola Oil
- ¼ cup Water
- 1 pinch Salt

1. Peel sweet potatoes and cut into (½ inch X 2 ½ inch) long fries.
2. Soak in water for 10 minutes.
3. Preheat the Airfryer to 390°F.
4. Drain the sweet potato fries well and pat dry with a paper towel.
5. Transfer fries to a mixing bowl, combine cornstarch, canola oil and water.
6. Place 1/3 of the fries into the Airfryer basket and cook for 10 to 12 minutes. Shake the fry basket a couple times for even cooking.
7. Repeat the process until all the fries are cooked.
8. While fries are cooking, in a mixing bowl combine yogurt, curry powder & salt. Serve as a dipping sauce for fries.



Sweet Potato Fries with Maple Pecan Glaze

Ingredients:

- 4 Medium Sweet Potatoes
- 1 cup Unsalted Pecans
- ¼ cup Cornstarch
- 2 tsp Canola Oil
- ¼ cup Canola Oil
- ¼ tsp Salt
- ¼ cup Water
- 2 Tbsp Powdered Sugar
- ¼ cup Maple Syrup

1. Peel sweet potatoes and cut into (½ inch X 2 ½ inch) long fries.
2. Soak in water for 10 minutes.
3. Preheat the Airfryer to 390°F.
4. Mix pecans, 2 tsp oil and ¼ tsp salt. Place into fry basket, cook for 1 to 2 minutes. Then cool and set aside.
5. Drain the sweet potato fries well and pat dry with a paper towel.
6. Transfer fries to a mixing bowl, combine cornstarch, canola oil, water and powdered sugar.
7. Place 1/3 of the fries into the Airfryer basket and cook for 10 to 12 minutes. Shake the fry basket a couple times for even cooking.
8. Repeat the process until all the fries are cooked.
9. Finish by adding toasted pecans, drizzle maple syrup, and salt.

Serves: 4
Prep time: 15 minutes
Cook time: 45 minutes
Total time: 1 hr



Serves: 4
Prep time: 10 minutes
Cook time: 20 minutes
Total time: 30 minutes

Curried Cauliflower Florets

Ingredients:

- 1 Head of Cauliflower
- 1 Tbsp Curry Powder
- ¼ tsp Salt
- ½ cup Olive Oil
- ¼ cup Toasted Pine Nuts
- ¼ cup Golden Raisins

1. Preheat the Airfryer to 390°F.
2. In a mixing bowl toss pine nuts with 1 tsp olive oil.
3. Place pine nuts in the Airfryer; cook for 1-2 minutes. Remove, cool, and set aside.
4. Place golden raisins in a bowl and pour 1 cup of boiling water over and set aside.
5. Place the head of cauliflower on a clean cutting. Using a chef's knife core the head of cauliflower.
6. Cut florets of cauliflower; into 1 inch pieces.
7. In a mixing bowl combine cauliflower, olive oil, curry, and salt.
8. Place half the florets into the Airfryer.
9. Cook for 8-10 minutes.
10. Repeat the process till all florets are cooked.
11. Drain the golden raisins into a strainer.
12. Combine and toss cauliflower, golden raisins, and pine nuts.



Bacon Wrapped Prawns

Ingredients:

- 1 lb Tiger Prawns (16-20 count)
- 1 lb Bacon (Thin Sliced)

1. Take the bacon out of the refrigerator and let it sit out at room temp for 30 minutes.
2. Preheat the Airfryer to 390°F.
3. Gather the peeled and deveined tiger prawns and the tempered bacon. Take one slice of bacon and wrap it around the tiger prawn. Start from the head of the prawn wrapping the whole prawn to the tail.
4. Place the wrapped tiger prawns back into the refrigerator for 20 minutes.
5. After 20 minutes in the refrigerator place half of the tiger prawns into the Airfryer and cook for 5-7 minutes.

Serves: 3

Prep time: 30 minutes

Cook time: 5 minutes

Total time: 35 minutes



Serves: 6
Prep time: 40 minutes
Cook time: 7 minutes
Total time: 47 minutes

Cheddar Bacon Croquettes

Ingredients:

- 1 lb Sharp Cheddar Cheese Block
(cut into 5 pieces)
- 1 lb Thin Sliced Bacon
- 3 ea Eggs, beaten
- 1 cup Breadcrumbs
- 1 cup All Purpose Flour
- ¼ cup Olive Oil
- ½ tsp Salt

1. Take the bacon out of the refrigerator and let set for 30 minutes.
2. While the bacon sitting out, cut the cheddar into 5 equally-sized rectangular portions, approximately 1-inch x 1.75-inch each.
3. Once the bacon is at room temperature, take two pieces of bacon and wrap around each piece of cheddar; fully enclosing the cheese. Trim any excess fat.
4. Place in the freezer for 5 minutes to firm. Do not freeze.
5. Preheat the Airfryer to 390F.
6. Mix breadcrumbs together with salt and olive oil.
7. Gather eggs, flour and breadcrumbs and set aside in 3 bowls.
8. Remove cheddar blocks from the freezer: One at a time, place into the flour; then the eggs and finally the breadcrumbs.
9. Place the croquettes in the Airfryer and cook for 7-8 minutes or until golden brown and cheese begins to ooze.



Crab Croquettes

Ingredients:

- 1 lb Lump Crab Meat
- ¼ cup Red Onions (finely chopped)
- ¼ cup Red Bell Pepper (finely chopped)
- 2 Tbsp Celery (finely chopped)
- ¼ tsp Tarragon (finely chopped)
- ¼ tsp Chives (finely chopped)
- ½ tsp Parsley (finely chopped)
- 2 ea Egg Whites
- ¼ cup Mayo
- ¼ cup Sour Cream
- ½ tsp Cayenne Pepper
- ½ tsp Salt
- ½ tsp Lime Juice
- 1 tsp Olive Oil

1. In a small pot over medium-high heat mix olive oil, onions, peppers, and celery. Cook and sweat until translucent. About 4-5 minutes. Remove from heat and cool. Set aside.
2. In a mixing bowl combine all ingredients.
3. Preheat the Airfryer to 390°F.
4. In a food processor blend the panko breadcrumbs and salt to a fine crumb.
5. In three separate bowls, set aside eggs, panko, and flour.
6. Mold crab mixture to the size of golf balls.
7. Place each ball in the flour; then into the eggs, and last the panko.
8. Cook half the crab croquettes for 8-10 minutes in the Airfryer. Don't overcrowd.
9. Repeat the process till all crab croquettes are cooked and golden brown.
10. Serve with tarragon remoulade.

Serves: 6

Prep time: 30 minutes

Cook time: 20 minutes

Total time: 50 minutes



Serves: 6
 Prep time: 15 minutes
 Cook time: 30 minutes
 Total time: 45 minutes

Jerk Chicken Wings

Ingredients:

- 4 lb Chicken Wings
- 2 Tbsp Olive Oil
- 2 Tbsp Soy Sauce
- 6 ea Garlic Cloves (finely chopped)
- 1 ea Habanero
(seeds, ribs removed, and finely chopped)
- 1 Tbsp Allspice ground
- 1 tsp Cinnamon ground
- 1 tsp Cayenne Pepper ground
- 1 tsp White Pepper
- 1 Tbsp Thyme (finely chopped)
- 2 Tbsp Brown Sugar
- 1 Tbsp Ginger (freshly grated)
- 4 ea Scallions (finely chopped)
- 5 Tbsp Lime Juice (fresh)
- ½ cup Red Wine Vinegar
- 1 tsp Salt

1. In a mixing bowl combine all the ingredients in the Jerk seasoning, including the chicken wings.
2. Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
3. Preheat the Airfryer to 390F.
4. Transfer the chicken wings to a fine mesh strainer to drain any additional liquid.
5. Place half the wings in the Airfryer basket and cook for 14-16 minutes, shaking halfway through.
6. Repeat to cook the remaining wings.



Pigs in a Blanket

Ingredients:

- 12 oz Cocktail Franks
- 8 oz Crescent Roll can (butter flake)
- 2 ea EggYolk

1. Thoroughly drain the cocktail franks on a layer of paper towels and dry.
2. Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch.
3. Roll the strips around the franks, leaving the ends visible.
4. Brush the dough with a little egg yolk to add color.
5. Place in the freezer for 5 minutes to firm.
6. Preheat the Airfryer to 320F
7. Remove from the franks from the freezer and place half of them in the Airfryer. Cook for 6-8 minutes or until dough is golden brown.
8. Repeat until all of the franks are cooked.

Serves: 4
Prep time: 15 minutes
Cook time: 15 minutes
Total time: 30 minutes



Serves: 4
 Prep time: 25 minutes
 Cook time: 12-16 minutes
 Total time: 37-41 minutes

Moroccan Meatballs with Mint Yogurt

Ingredients:

- 1 lb Ground Lamb
- 4 oz Ground Turkey
- 1.5 Tbsp Parsley (washed & finely chopped)
- 1 Tbsp Mint (washed & finely chopped)
- 1 tsp Cumin ground
- 1 tsp Coriander ground
- 1 tsp Cayenne Pepper ground
- 2 ea Garlic cloves (finely chopped)
- 2 tsp Harissa
- ¼ cup Olive Oil
- 1 tsp Salt
- 1 ea Egg White

Mint Yogurt Ingredients:

- ½ cup Greek yogurt 0%
- ¼ cup Sour cream
- 2 Tbsp Buttermilk
- ¼ cup Mint (chopped)
- 1 ea Garlic (chopped)
- 2 pinch Salt

1. Preheat the Airfryer to 390°F.
2. In a mixing bowl combine all ingredients for the meatballs.
3. Roll the meatballs between your hands in a circular motion to smooth the meatball out to the size of golf balls.
4. In the Airfryer place half the meatballs into the fry basket. Cook for 6-8 minutes.
5. Repeat this process until all meatballs have been cooked.
5. While the meatballs are cooking combine all ingredients for the mint yogurt in a mixing bowl and mix.
6. Serve Moroccan meatballs with the mint yogurt and garnish with some Moroccan olives and mint.



Korean BBQ Satay

Ingredients:

- 1 lb Chicken Tenders
- ½ cup Soy Sauce (use less sodium soy sauce)
- ½ cup Pineapple Juice
- ¼ cup Sesame Oil
- 4 ea Garlic Cloves
- 4 ea Chopped Scallions
- 1 Tbsp Fresh Grated Ginger
- 2 tsp Toasted Sesame Seeds
- 1 pinch Black Pepper

1. Combine all ingredients except for the chicken.
2. Skewer each chicken tender, trimming excess meat or fat from the skewer.
3. Combine the marinade and the chicken and refrigerate, covered, for 2 hours up to 24 hours.
4. Preheat the Airfryer to 390°F.
5. Add half of the skewers to the Airfryer basket and cook for 5-7 minutes.
6. Repeat to cook the remaining chicken.

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes



Serves: 3

Prep time: 30 minutes

Cook time: 9-11 minutes

Total time: 39-41 minutes

Teriyaki Glazed Halibut Steak

Ingredients:

1 lb Halibut Steak

Teriyaki marinade:

$\frac{2}{3}$ cup Soy Sauce (low sodium)

$\frac{1}{2}$ cup Mirin (Japanese cooking wine)

$\frac{1}{4}$ cup Sugar

2 Tbsp Lime Juice

$\frac{1}{4}$ cup Orange Juice

$\frac{1}{4}$ tsp Crushed Red Pepper Flakes

$\frac{1}{4}$ tsp Ginger ground

1 ea Garlic clove (smashed)

1. In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
2. Bring to a boil and reduce by half, then cool.
3. Once cooled add half of the glaze/marinade into a resealable bag with the halibut.
4. Refrigerate for 30 minutes.
5. Preheat the Airfryer to 390°F.
6. Place marinated halibut into the Airfryer and cook for 9-11 minutes.
7. When finished brush a little of the remaining glaze over the halibut steak.
8. Serve over a bed of white rice with basil/mint chutney.



Roasted Heirloom Tomato with Baked Feta

Ingredients:

- 1 ea Heirloom Tomato
- 8 oz Feta Cheese Block
- ½ cup Red Onions
(sliced paper thin and loosely packed)
- 1 Tbsp Olive Oil

Basil Pesto:

- ½ cup Parsley (rough chopped)
- ½ cup Basil (rough chopped)
- ½ cup Parmesan (freshly grated)
- 3 Tbsp Toasted Pine nuts
- 1 ea Garlic clove
- ½ cup Olive oil
- 1 pinch Salt

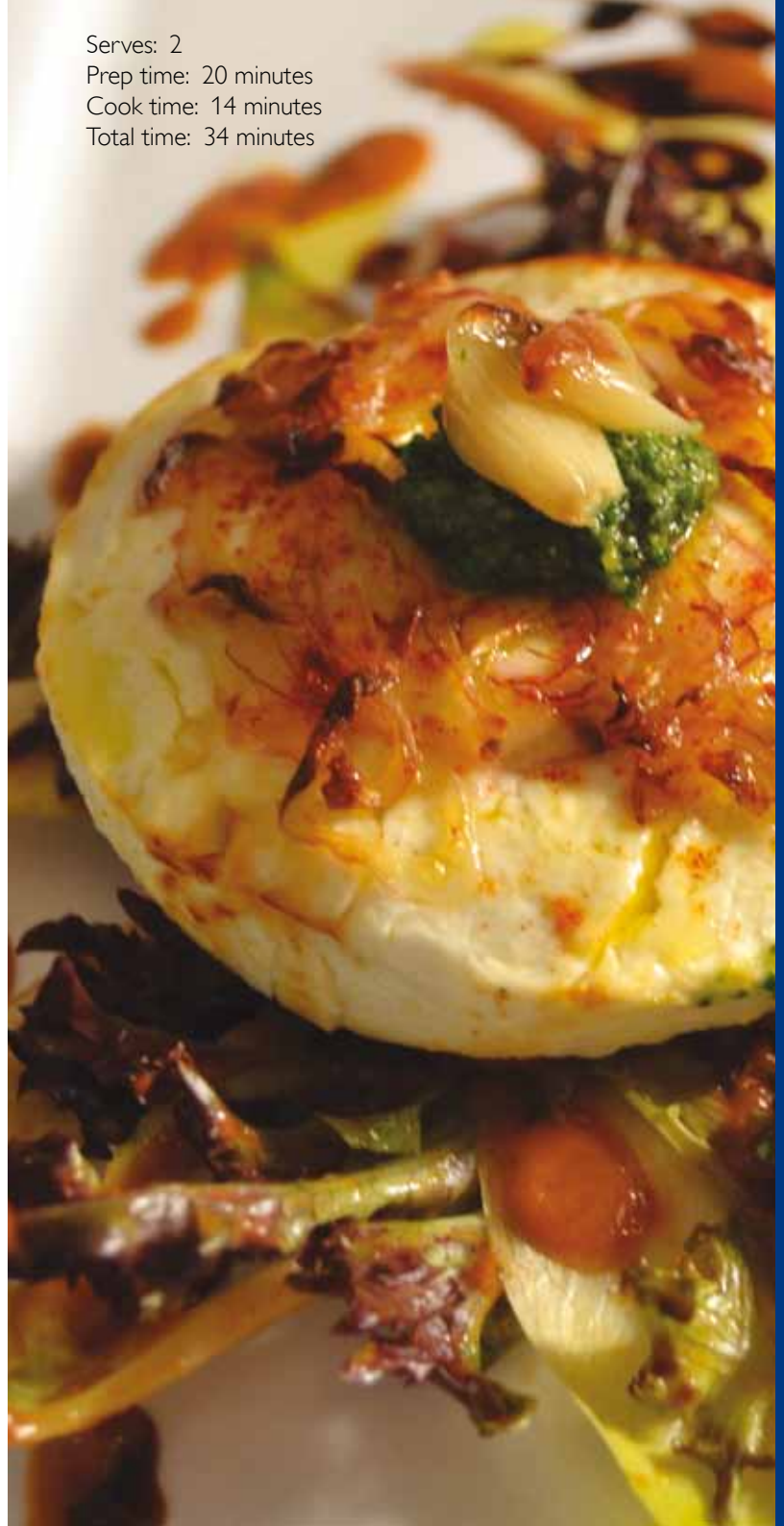
1. Preheat the Airfryer to 390°F.
2. In a mixing bowl combine pine nuts, 1 tsp olive oil, and pinch of salt.
3. Toss pine nuts into the Airfryer and set timer for 1-2 minutes. Remove and place onto a paper towel and set aside.
4. Make the pesto. Wash and rough chop one bunch of parsley and one bunch of basil.
5. In a food processor, add chopped parsley, basil, fresh grated parmesan, garlic, toasted pine nuts and salt. Turn on the food processor and drizzle in the olive oil.
6. Once all the olive oil is incorporated stop the food processor and remove the pesto and refrigerate.
7. Slice the tomato into ½ inch thick slices. Also slice the feta into ½ inch thick slices.
8. Next take a circle cutter and cut the feta the same size as the heirloom tomato.
9. Stack the feta on top of the tomato. In between the tomato and feta spread 1 Tbsp basil pesto. Then slice the red onions paper thin and toss with 1 Tbsp olive oil and apply to the top of the feta.
10. Place tomatoes into the Airfryer and cook for 12-14 minutes or until the feta starts to soften and brown.
11. Finish with sea salt and basil pesto.

Serves: 2

Prep time: 20 minutes

Cook time: 14 minutes

Total time: 34 minutes



Serves: 2
Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes

Chimichurri Skirt Steak

Ingredients:

- 16 oz Skirt steak
- 1 cup Parsley (washed and finely chopped)
- ¼ cup Mint (washed and finely chopped)
- 2 Tbsp Oregano (washed and finely chopped)
- 3 ea Garlic (finely chopped)
- 1 tsp Crushed Red Pepper
- 1 Tbsp Cumin ground
- 1 tsp Cayenne Pepper
- 2 tsp Smoked Paprika
- 1 tsp Salt
- ¼ tsp Black Pepper
- ¾ cup Olive Oil
- 3 Tbsp Red Wine Vinegar

1. Combine all ingredients, except the steak, in a mixing bowl.
2. Cut the steak into 2 8-ounce portions.
3. In a re-sealable bag, add ¼ cup of chimichurri mixture and the steak. Refrigerate for 2 hours up to 24 hours.
4. One steak is marinated, remove from refrigerator and let sit at room temperature 30 minutes prior to cooking.
5. Preheat the Airfryer to 390°F.
6. Add steak to the Airfryer and cook 8-10 minutes for medium-rare.
7. Garnish with 2 Tbsp of chimichurri on top and serve



Portabella Pepperoni Pizza

Ingredients:

- 1 ea Portabella Cap
- 1 Tbsp Olive Oil
- 1 Tbsp Crushed Tomatoes with Basil
(use canned tomatoes)
- 1 Tbsp Shredded Mozzarella (loosely packed)
- 4 ea Sliced Pepperoni
- 1 pinch Salt
- 1 pinch Dried Italian Seasonings

1. Preheat the Airfryer to 320°F.
2. Scoop out the middle of the portabella cap with a spoon; Clean it well and be careful not to break the cap.
3. Drizzle olive oil on both sides of the portabella.
4. Season the inside of the portabella with salt and Italian seasonings.
5. Spread crushed tomatoes evenly around.
6. Next spread the shredded mozzarella evenly around the portabella.
7. Place the portabella pizza into the Airfryer and cook for 4 to 6 minutes.
8. After 1 minute place the pepperoni slices on top of the melted cheese.
9. Finish with fresh grated parmesan and crushed red pepper flakes.

Serves: 1
Prep time: 5 minutes
Cook time: 5 minutes
Total time: 10 minutes



Serves: 2

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Mushroom, Onion and Feta Frittata

Ingredients:

- 3 ea Whole Eggs
- 2 cup Sliced Button Mushrooms
- ½ ea Red Onion
- 1 Tbsp Olive Oil
- 3 Tbsp Crumbled Feta
- 1 pinch Salt

1. Peel and slice half a red onion into ¼ inch thin slices.
2. Wash button mushrooms; then into slice ¼ inch thin slices.
3. In a sauté pan with olive oil sweat onions and mushrooms under a medium flame until tender.
4. Take onions and mushrooms off the heat and place on a dry kitchen towel to cool.
5. Preheat Airfryer to 320°F.
6. In a mixing bowl crack 3 eggs, then whisk the eggs thoroughly and vigorously.
7. In a 6 ounce ramekin coat the outside and bottom with a light coating of pan spray.
8. Pour eggs into the ramekin, next ¼ cup onion and mushrooms mixture, and then the cheese.
9. Place ramekin into the Airfryer. and cook for 10 to 12 minutes.
10. Frittata is done when you can stick a knife into the middle and it comes out clean.



Roasted Cornish Game Hen

Ingredients:

1 ea Cornish Hen (roughly about a 2 lb hen)

Marinade:

½ cup Olive Oil

¼ tsp Crushed Red Pepper flakes

1 tsp Chopped Thyme

1 tsp Chopped Rosemary

¼ tsp Salt

¼ tsp Sugar

1 ea Lemon Zest (1 lemon)

1. Place the whole Cornish hen on cutting board. Using a boning knife or a chef's knife. Set the Cornish hen upright with the back of the hen facing you. Start from the top of the back bone to the bottom of the back bone. Make 2 cuts and remove the back bone.
2. Once the back bone is removed split the hen lengthwise cutting threw the breastplate. Now that you have 2 whole halves of Cornish hens set aside.
3. In a mixing bowl combine all ingredients for the marinade including the Cornish hens. Refrigerate for 1 hour up to 24 hours.
4. Preheat the Airfryer to 390°F.
5. Transfer the Cornish hens to a fine mesh strainer to drain off any additional liquid.
6. Set the timer for 14-16 minutes. Cook for 14-16 minutes, until the leg is at an internal temperature of 165°F.

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes



Serves: 2
 Prep time: 15 minutes
 Cook time: 10 minutes
 Total time: 25 minutes

Steamed Salmon with Dill Sauce

Ingredients:

12oz Salmon
 (cut into two 6 oz pieces)
 2 tsp Olive Oil
 ½ cup Greek Yogurt 0%
 ½ cup Sour Cream
 2 Tbsp Dill (finely chopped)
 2 pinch Salt

1. Preheat the Airfryer to 285°F.
2. Pour 1 cup of water in the bottom of the Airfryer.
3. Take the two 6 oz portions of salmon and drizzle 1 tsp of olive oil over each piece.
4. Spread the olive oil all around the fish and season with a pinch of salt
5. Place both portions of salmon into the Airfryer and cook for 9-11 minutes.
6. While the salmon is cooking in a mixing bowl combine the yogurt, sour cream, chopped dill and salt. Leave a pinch of chopped dill as a garnish for the top of the salmon.
7. Garnish with sea salt and dill and serve.



Roasted Pork Chops with Pineapple

Ingredients:

3 ea Pork Chops (cut 1 inch thick, roughly 10oz each)

Marinade:

¼ cup Olive Oil
1 Tbsp Cilantro (finely chopped)
1 Tbsp Parsley (finely chopped)
1 Tbsp Rosemary (finely chopped)
1 Tbsp Dijon Mustard
1 Tbsp Coriander ground
1.5 tsp Salt
1.5 tsp Sugar

Pineapple-Jalapeno Salsa

8 ea	Jalapenos	½ cup	Lemon juice
2 Tbsp	Cilantro	1 Tbsp	Parsley
½ cup	Pineapple diced	½ cup	Tomato diced
2 ea	Garlic cloves	½ cup	Olive Oil
1 tsp	Salt		

1. In a mixing bowl combine all ingredients for the pork chop marinade.
2. Transfer to a re-sealable bag and refrigerate for 2-3 hours.
3. Preheat the Airfryer to 390°F.
4. Gather the jalapenos in a mixing bowl with 1 tsp of olive oil. Toss the jalapenos to evenly coat them with the oil.
5. Place jalapenos in the Airfryer and cook for 5-7 minutes. When done place the jalapenos back into the mixing bowl. Cover and set aside.
6. Once the jalapenos have cooled; peel, seed and finely chop them for the salsa.
7. Chop the cilantro, parsley, pineapple, and tomato. Combine all ingredients for the salsa and set aside.
8. Take the pork chops out of the refrigerator and let sit at room temp for 30 minutes prior to cooking.
9. Reheat the Airfryer to 390°F.
10. Cook 1 to 2 pork chops in the Airfryer for 10-12 minutes. Thinner cuts will cook faster. Take 2 minutes off the cooking time for thinner cuts. The pork chop will be done when it has reached an internal temperature of 140°F.

Serves: 3

Prep time: 20 minutes

Cook time: 20 minutes

Total time: 40 minutes



Serves: 4
 Prep time: 15 minutes
 Cook time: 20 minutes
 Total time: 35 minutes

Cajun Shrimp with Jambalaya Rice

Ingredients:

- 1 lb Tiger Prawns (16-20 count)
- ½ tsp Cayenne Pepper
- 1 tsp Old Bay Seasoning
- ¼ tsp Smoked Paprika
- ¼ tsp Paprika
- ¼ tsp Salt
- 3 Tbsp Olive Oil

Jambalaya Rice

- ½ cup Red Onions (small diced)
- ½ cup Celery (small diced)
- ½ cup Jalapenos (small diced)
- 1 cup Tomatoes (small diced)
- ¼ tsp Cayenne Pepper
- ¼ tsp Paprika
- ¼ tsp Smoked Paprika
- ¼ tsp Old Bay Seasoning
- 1 ¼ cup Chicken Stock
- 1 cup Long Grain Rice
- 1 Tbsp Olive Oil
- ½ tsp Salt

1. In a mixing bowl, combine all ingredients for Cajun Shrimp: prawns, spices, seasoning, olive oil and salt. Set aside.
2. Make Jambalaya Rice. In a small pot over medium-high heat add olive oil, red onions, celery, jalapenos and salt. Cook for 4-5 minutes covered, until the vegetables are translucent.
3. Add rice, seasonings and chicken stock to the pot. Cover and bring to a boil. Once at a boil, turn the heat down to low and cook for 15 more minutes.
4. Preheat the Airfryer to 390F.
5. Add the tiger prawns to the basket and cook for 4-5 minutes.
6. Serve the prawns on top of the rice.

Cod Fish Nuggets

Ingredients:

- 1 lb Cod Fish Filet (makes 18-20 nuggets)
- 1 cup Panko Breadcrumbs (food processor)
- 1 cup All Purpose Flour
- 3 ea Eggs, beaten
- 1 tsp Salt
- ¼ cup Olive Oil

1. Preheat the Airfryer to 390F.
2. Gather the eggs, flour and breadcrumbs into three separate bowls.
3. Add salt and olive oil to the breadcrumbs bowl and mix well.
4. Cut the piece of cod into strips approximately 1-inch x 2.5-inches. Each nugget should be about ½ inch thick.
5. Place the nuggets into the flour, then the eggs and finally into the breadcrumbs.
6. Press the breadcrumbs down on the nuggets down to ensure they stick and cook evenly.
7. Shake off any excess breadcrumbs.
8. Cook half of the nuggets at a time, with each batch cooking for 8-10 minutes.

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes



Country Chicken Tenders

Ingredients:

- 1 lb Chicken Tenders
- 3 ea Eggs, beaten
- 1 cup Breadcrumbs
- 1 cup All Purpose Flour
- 1 tsp Salt
- 1.5 tsp Black Pepper
- ¼ cup Olive Oil

1. Preheat the Airfryer to 320°F.
2. Gather beaten eggs, flour, and breadcrumbs into three separate bowls. Season the breadcrumbs with salt, black pepper, and olive oil.
3. Mix the breadcrumbs and olive oil well.
4. Place the chicken tenders into the flour, then the eggs, and finally into the breadcrumbs. Only coat 4-5 chicken tenders at a time.
5. Press chicken tenders down with some force to ensure even coating of the breadcrumbs.
6. Shake off any excess. Place on a sheet tray and set aside till all tenders have been breaded.
7. Open the Airfryer and put half the tenders into the fry basket. Don't overcrowd.
8. Cook for 10-12 minutes. Shake the basket half way through the cooking process, to ensure even cooking.
9. Repeat the process until all chicken tenders are cooked.

Serves: 4
Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes

Grilled Cheese

Ingredients:

- 4 ea Slices of Brioche or White Bread
- ½ cup Sharp Cheddar Cheese
- ½ cup butter (melted)

1. Preheat the Airfryer to 355°F.
2. Measure out cheese and butter in separate bowls.
3. Brush the butter between the 4 slices of bread.
4. Equally distribute the cheese on 1 side of 2 pieces of bread.
5. Put the grilled cheese together and place into the Airfryer for 4-5 minutes or until golden brown and the cheese is melted.

Serves: 2

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes



Serves: 2
Prep time: 5 minutes
Cook time: 10 minutes
Total time: 15 minutes

Mini Cheeseburger Sliders

Ingredients:

8 oz Ground Beef
2 ea Cheddar Cheese Slices
2 ea Dinner Roll
2 Tbsp Olive Oil
2 tsp Salt
½ tsp Black Pepper

1. Preheat the Airfryer to 390°F.
2. Form ground beef into 2 4-ounce patties.
Season with salt and pepper.
3. Place the cheeseburgers into the fry basket, and cook for 10 to 12 minutes. Add the cheese at the last minute to melt.



Peanut Butter Marshmallow Fluff Turnovers

Ingredients:

- 4 ea Sheets Filo Pastry, Defrosted
- 4 Tbsp Chunky Peanut Butter
- 4 tsp Marshmallow Fluff
- 2 oz Butter
- 1 pinch Sea Salt

1. Preheat the Airfryer to 355°F.
2. Brush 1 sheet of filo with butter. Fit a second sheet of filo on top of the first and also brush with butter. Repeat until you have used all 4 sheets.
3. Cut filo into 4 3-inch x 12-inch strips.
4. Place 1 Tbsp of peanut butter and 1 tsp marshmallow fluff on the underside of a strip of filo.
5. Fold the tip of the sheet over the filling to form a triangle and fold repeatedly in a zigzag manner until the filling is fully wrapped. Use a touch of butter to seal the ends of the turnover.
6. Place the turnovers into the Airfryer basket and cook for 3-5 minutes, until golden brown and puffy.
7. Finish with a touch of sea salt for a sweet and salty combination.

Serves: 4
Prep time: 15 minutes
Cook time: 5 minutes
Total time: 20 minutes



Serves: 4
 Prep time: 20 minutes
 Cook time: 30 minutes
 Total time: 50 minutes

Coconut Flan

Ingredients:

- ½ cup Sugar
- 1.5 Tbsp Water
- ¾ cup Canned Coconut Milk
- ¼ cup Evaporated Milk
- ¼ cup Sweetened Condensed Milk
- 2 ea Whole Eggs
- 1 ea Egg Yolk
- ¼ cup Sweetened Shredded Coconut Flakes to garnish

1. Lightly coat 4 4-ounce ramekins or 1 6-inch round cake pan with vegetable spray.
2. Preheat the Airfryer to 320°F.
3. Bring 2 cups over of water up to a boil and pour into preheated Airfryer.
2. In a small pot add the sugar and 1.5 Tbsp water together. Cook over medium-high heat, swirling the pan constantly, until the sugar turns a rich amber color, about 10 minutes.
3. Immediately pour 1 to 2 Tbsp of the caramel into the bottom of each cup.
4. In a mixing bowl, blend the 3 milks with a wire whisk adding the eggs and egg yolks last.
5. Once well blended ladle the custard base into the ramekins one at a time.
6. Cover each ramekin with aluminum foil and bake for 30 minutes in the Airfryer.
7. Remove the ramekins and uncover, place into the refrigerator for 2 hours to set completely.
8. In a conventional oven preheat 350°F. On a sheet tray place the coconut flakes evenly around and toasted for 5-7 minutes, or until lightly browned.
9. Add coconut flakes on top of the flan and serve with orange/mango sauce.



Vanilla Soufflé

Ingredients:

¼ cup All Purpose Flour	¼ cup Butter (softened)
1 cup Whole Milk	¼ cup Sugar
4 ea Egg Yolks	2 tsp Vanilla Extract
1 ea Vanilla Bean	5 ea Egg Whites
1 oz Sugar	1 tsp Cream of Tartar

1. Mix the flour and butter until it is a smooth paste.
2. In a sauce pot heat milk and dissolve the sugar. Bring to a boil.
3. Add the flour and butter mixture to the boiling milk. With a wire whisk, beat vigorously to ensure there are no lumps.
4. Simmer for several minutes until the mix thickens. Remove from the heat and cool for 10 minutes in an ice bath.
5. While the mix is cooling, take 6 3-ounce ramekins or soufflé dishes. Coat with butter and sugar. (This butter and sugar for coating is not included in the ingredients.)
6. In another mixing bowl quickly beat the egg yolks and vanilla extract/bean and combine with cooling milk mixture.
7. Separately beat the egg whites, sugar, and cream of tartar until the egg whites form medium stiff peaks.
8. Fold the egg whites into the soufflé base and pour into the prepared baking dishes and smooth off the tops.
9. Preheat the Airfryer to 320°F.
10. Place 2 to 3 soufflé dishes into the Airfryer. Cook for 12-15 minutes.
11. Serve with a sprinkle of powdered sugar on top of the soufflé, with a chocolate anglaise sauce.



Serves: 4

Prep time: 20 minutes

Cook time: 1 hour & 10 minutes

Total time: 1 hour & 30 minutes

Chocolate Anglaise

Ingredients:

3 ea	Egg Yolks	1 cup	Whole Milk
¼ cup	Sweet Chocolate	2 oz	Sugar
½ tsp	Vanilla Extract		

1. Combine yolks and sugar in a mixing bowl. Beat with a wire whisk until thick and light.
2. In a double boiler scald milk. (tip: milk is scalded when it comes up to 180°F.)
3. Gradually pour the milk into the egg yolk mixture.
4. Pour the mixture back into the double boiler and heat slowly. Add chocolate stirring constantly until it thickens enough to coat the back of a spoon or 185°F.
5. Remove and cool. Then stir in the vanilla.

Orange/Mango Sauce

Ingredients:

¼ cup	Pineapple Diced	½ cup	Orange Segments
½ cup	Grapefruit Segments	½ cup	Orange Juice
¾ cup	Mango	½ cup	Sugar

1. Combine all ingredient in a small pot, cook and reduce by half.
2. Remove from heat and transfer to a blender. Blend and cool.

Thai Basil/Mint Chutney

Ingredients:

1 cup	Thai Basil Chopped	1 ea	Green Onion Chopped
2 Tbsp	Chunky Peanut Butter	½ cup	Mint Chopped
½ tsp	Ginger Ground	¼ tsp	Sugar
1 ea	Serrano Chile Chopped	½ tsp	Cumin Ground
¼ tsp	Salt	1 Tbsp	Sesame Oil
½ cup	Lime Juice	1 pinch	Black Pepper

Combine all ingredients.

Honey Mustard

Ingredients:

¼ cup	Dijon Mustard
¼ cup	Honey
2 pinch	Salt

Combine all ingredients.

Dill Sauce

Ingredients:

½ cup	Greek Yogurt
½ cup	Sour Cream
2 Tbsp	Dill Chopped
2 pinch	Salt

Combine all ingredients.

Harissa

Ingredients:

½ cup	Olive Oil
1 ea	Garlic Clove Chopped
½ tsp	Caraway Ground
¼ cup	Chili Powder Ground
¼ cup	Red Pepper Ground
½ Tbsp	Coriander Ground
½ tsp	Salt
1 Tbsp	Mint Chopped
¾ cup	Tomatoes Small Diced
¼ tsp	Lemon Juice

Combine all ingredients.

Avocado Mayo

Ingredients:

- ¼ cup Mayo
- ½ ea Avocado
- 1 tsp Lime Juice
- 1 pinch Cayenne Pepper
- 2 pinch Salt

Combine all ingredients.

Garam Masala Ketchup

Ingredients:

- ½ cup Heinz Ketchup
- 2 tsp Garam Masala spice

Combine all ingredients.

Blue Cheese Dressing

Ingredients:

- ¼ cup Mayo
- ¼ cup Sour Cream
- ¼ cup Buttermilk
- ¼ cup Crumbled Blue Cheese
- 1 tsp Worcestershire Sauce
- 1 Tbsp Parsley Chopped
- ¼ tsp Red Wine Vinegar
- 1 pinch Salt & Pepper

Combine all ingredients.

Curry Yogurt

Ingredients:

- ½ cup Greek Yogurt
- 1 tsp Curry Powder
- 2 Tbsp Maple Syrup
- 1 pinch Salt

Combine all ingredients.

Mint Yogurt Sauce

Ingredients:

- ½ cup Greek Yogurt
- ½ cup Sour Cream
- ¼ cup Mint Chopped
- 1 ea Garlic Clove Chopped
- 2 Tbsp Buttermilk
- 2 pinch Salt

Combine all ingredients.

Tarragon Remoulade

Ingredients:

- ½ cup Mayo
- 2 tsp Dijon Mustard
- 2 tsp Tarragon Chopped
- 2 Tbsp Capers Chopped
- 2 Tbsp Cornichons Chopped
- 1 Tbsp Lemon Juice
- 1 pinch Salt

Combine all ingredients.



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