



AIR FRYER RECIPE BOOK

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Disclaimer: The images contained within this recipe book are for your reference only and may differ from actual results.

Golden Fried Onion Rings

ingredients

- | | |
|--------------------------|------------------------|
| 6 med. mild white onions | 1/4 cup olive oil |
| 1 1/8 c. sifted flour | 1 c. milk |
| 1/2 tsp. salt | 1 egg, slightly beaten |

directions

1. Slice onion 1/4 inch thick and separate into rings.
2. Preheat air fryer to 392°F for 3 minutes.
3. Combine remaining ingredients in a bowl and stir just until dry ingredients are moistened.
4. Dip onion rings into flour mixture.
5. Place into air fryer and program to cook at 392°F for 15-18 minutes.
6. Repeat process until all onion rings are cooked.

1

Buffalo Wings

ingredients

- | | |
|--------------------------|-----------------------|
| 24 wings (4 lbs.) | 1/4 c. butter |
| Salt & pepper (optional) | 2 to 5 tsp. hot sauce |
| 2 tbsp vegetable oil | 1 tsp. white vinegar |

directions

1. Sprinkle wings with salt and pepper, to taste.
2. Preheat air fryer to 392°F for 3 minutes.
3. Place wings into air fryer and program to cook at 392°F for 17-23 minutes.
4. When wings are golden brown and crisp, remove from air fryer. Add rest of wings; repeat process.
5. Meanwhile, melt butter in saucepan; add hot sauce, to taste and vinegar. Pour sauce over wings and mix well to cover.
6. Serve with Blue Cheese Dressing and celery sticks.



Fried Green Tomatoes

ingredients

- | | |
|------------------------|------------------------|
| 3-4 lg. green tomatoes | 1 tbsp. seasoning salt |
| 2 c. flour | 2 eggs |
| 1 tbsp. salt | 2 c. milk |
| 1 tbsp. pepper | 1/4 cup olive oil |

directions

1. Cut tomatoes into almost 1/2 inch thick slices.
2. Mix flour, salt, pepper and seasoning salt in one bowl.
3. Preheat air fryer to 392°F for 3 minutes.
4. Mix eggs, oil and milk in another bowl. Dip each tomato slice into the milk mixture, then into the flour, back to the milk and then to the flour again, coating well.
5. Place tomato slices into air fryer and program to cook at 392°F for 14-17 minutes. Repeat process until all tomatoes are fried.

2



Potato Croquettes

ingredients

- | | |
|------------------------------|---------------------------|
| 2 tbsp. milk | 3 tbsp. flour |
| Salt | 4 cups mashed potatoes |
| 1/2 tsp. pepper | 1 egg, beaten |
| 1/2 tsp. chopped green onion | Sifted dried bread crumbs |
| 2 egg yolks, beaten | 2 tbsp. peanut oil |

directions

1. Add milk, salt, pepper, chopped green onion, oil, beaten egg yolks and flour to mashed potatoes.
2. Preheat air fryer at 392°F for 3 minutes.
3. Chill and shape using an ice cream scoop. Dip in the beaten egg, then roll through bread crumbs. Place into air fryer and program to cook at 392°F for 8-10 minutes or until golden brown.
4. Note: Cook in small batches, giving each croquette at least 2 inches of space around it to not overcrowd the basket. Repeat process until all croquettes have been cooked.

Homemade Black Pepper Potato Chips

ingredients

6 Yukon gold potatoes, unpeeled
2 tbsp. canola or vegetable oil
Kosher salt and black pepper

directions

1. Preheat air fryer to 392°F
2. Wash and clean the potatoes in cold running water. Using a mandoline, or vegetable peeler, finely slice the potatoes into chips. Drop the chips into a bowl of ice water as you work to prevent them from going brown. This will also remove any excess starch. Soak in water for 30 minutes and change the water at least 4 times.
3. Toss the chips in the canola or vegetable oil.
4. Place chips into air fryer and program to cook at 392°F for 18 minutes. Stir the potatoes. Then cook for another 18 minutes.
5. When finished cooking, immediately sprinkle on salt and a lot of black pepper. Repeat with the rest of the potatoes. Serve very soon after frying.

Sweet Potato Fries

ingredients

2 large sweet potatoes
2-3 tbsp. of cornstarch
1/2 cup mayonnaise
1/4 tsp. cayenne pepper
1 tsp. sriracha sauce (or to taste)

directions

1. Preheat air fryer to 392°F
2. Peel and slice sweet potatoes into fries no thicker than 1/2". Soak in water for minimum of one hour, but preferably for half a day (change water several times).
3. Drain water from bowl and lift fries out by the handful. Give them a good shake. They should be dry but still have enough moisture on them to allow the cornstarch to stick.
4. Place cornstarch in a plastic bag and drop all fries in. Blow a bit of air into the bag, twist the top and shake vigorously.
5. Place fries into air fryer. Coat with olive oil. The more oil the crispier and less sticking you'll have, but the less healthy they'll be.
6. Program at 392°F for 12-15 minutes. (Mid-way through cooking, stir the fries). Repeat process until all fries are cooked.
Dipping Sauce: Mix together mayo, pepper and Sriracha sauce. Adjust to your taste.

Roasted Cauliflower With Dates & Pine Nuts

ingredients

- 1 large head cauliflower, cut into florets (about 8 cups)
- Kosher salt and freshly cracked black pepper, to taste
- 4 tbsp. olive oil
- 1/3 cup pine nuts
- 1 clove garlic, minced
- 1 spring of fresh rosemary
- 1/2 cup pitted Medjool dates, coarsely chopped

directions

1. Preheat air fryer to 392°F
2. Mix pine nuts with 1 tsp olive oil. Place into air fryer and program at 392°F for 1 minute. Add the minced garlic and dates and program for another 2 minutes. Remove from air fryer.
3. Season cauliflower with olive oil, salt and pepper. Place into air fryer and program at 392°F for 11 minutes or until golden brown at the edges.
4. Transfer the hot cauliflower to a serving bowl, drizzle the pine nut mixture over the top and toss to combine. Taste and adjust seasoning if necessary and serve warm or at room temperature. Garnish with chopped rosemary

4

Goat Cheese Croquettes

ingredients

CROQUETTES:

- 4 ounces fresh goat cheese (chèvre)
- 1 large egg, beaten
- 2 tbsp. panko (Japanese bread crumbs)
- 1 tbsp. vegetable oil

PECAN SAUCE:

- 1/3 cup pecan halves
- 1 tsp. honey
- 1/2 cup pecan oil (or vegetable oil)

directions

1. Preheat air fryer to 392°F
2. Mix the panko with the vegetable oil and set aside.
3. To prepare croquettes, separate the goat cheese into 8 equal portions. Use your hand to roll each portion into a ball about 3/4 inch in diameter. One by one, using a fork, toss the balls in the flour, coat with the beaten egg, and roll in panko until evenly coated. Set aside on a clean plate. Chill.
4. Place pecan halves into air fryer and program at 392°F for 6 minutes or until dark brown. Remove from air fryer and place into a blender while still hot. Add honey and pecan oil and blend on high speed to purée the nuts. The sauce should emulsify and become the consistency of a thick syrup. Set aside.
5. Place the croquettes into the air fryer and program at 392°F for 9-11 minutes. Repeat process until all croquettes are cooked.
6. Spoon the pecan sauce on a serving plate and arrange the warm croquettes on top.

Shrimp Croquettes

ingredients

- | | |
|------------------------------|------------------------------|
| 3 tbsp. butter or margarine | 1/8 tsp. ground red pepper |
| 1/4 cup flour | 1 large egg, lightly beaten |
| 1 cup milk | 2 cups chopped cooked shrimp |
| 1 tbsp. minced onion | 1 3/4 cups saltine crumbs |
| 1 tsp. Worcestershire sauce | 2 large eggs, lightly beaten |
| 1/3 tsp. salt | 1/4 cup mayonnaise |
| 1/2 tsp. ground black pepper | 1/8 cup sriracha, to taste |

directions

1. Preheat air fryer to 392°F
2. Melt butter in a large heavy saucepan over low heat; whisk in flour. Cook and whisking constantly for 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, until thickened and bubbly. Stir in onion, worcestershire, salt, black pepper and red pepper. Remove from heat, and stir in 1 egg and shrimp. Cover and chill 1 hour.
3. Shape shrimp mixture into 16 balls. Roll in saltine crumbs, dip in 2 beaten eggs, and roll again in saltine crumbs.
4. Place into air fryer and program at 392°F for 10-13 minutes. Repeat process until all croquettes are cooked.
5. Make the sauce by stirring the sriracha into the mayonnaise, using more or less to taste.

MAIN COURSES

Corn Dogs

ingredients

- | | |
|-----------------------------|---------------------------|
| 1/2 c. yellow cornmeal | 6 skewers or sticks |
| 1/2 c. flour | 1 tbsp. sugar |
| 1 tsp. honey | 1 tsp. baking powder |
| 1/2 tsp. salt | 1/2 c. milk |
| 1 egg, lightly beaten | 1 tbsp. melted shortening |
| 6-8 hot dogs / frankfurters | 2 tbsp. vegetable oil |

directions

1. Combine the cornmeal, flour, sugar, mustard, baking powder and salt, mixing well.
2. Add the milk, egg, oil and shortening, mixing until very smooth.
3. Preheat air fryer to 392°F for 3 minutes.
4. Pour the mixture into a tall glass. Put the frankfurters on sticks.
5. Dip them into the cornmeal batter to coat them evenly.
6. Place into air fryer and program to cook at 392°F for 11-17 minutes or until evenly cooked. Repeat process until all hot dogs are cooked.

Beer Battered Fish Filets

ingredients

1 cup flour
1 tsp. salt
1 tsp. baking powder
1/2 tsp. dried dill weed
3/4 cup beer

1/2 cup milk
2 eggs
2 pounds cod fillets
2 tbsp. vegetable oil

SAUCE

1 cup Pea Shoots
1 cup baby lettuce leaves
1/3 cup lowfat mayonnaise
1/3 cup lowfat plain yogurt

directions

1. In a large bowl, mix together flour, salt, baking powder, and dill. Add beer, milk, oil, and eggs; mix well.
2. Place fish fillets in batter mixture, coat well, and let stand for 15 minutes.
3. Preheat air fryer to 392°F for 3 minutes. Place fish into air fryer and program to cook at 392°F for 11-17 minutes. Repeat process until all fish is cooked.
4. For sauce, puree everything up in a food processor and sprinkle with paprika (optional).

6

Sweet & Sour Chicken

ingredients

MARINADE:

1/2 tsp. salt
1 1/2 tsp. soy sauce
1 tbsp. cornstarch
1 tbsp. cold water

BATTER:

1/2 c. chicken coating mix
1/2 c. ice water
1 egg yolk
2 tbsp. vegetable oil

SWEET & SOUR SAUCE:

1/2 c. Kraft Sweet & Sour Sauce
1/4 c. chicken broth
1/4 c. water
1/2 tsp. cornstarch
1 green pepper, cut into 1 inch pieces
1 med. carrot, sliced inch long
1/2 c. sliced water chestnuts
1 can chunk pineapple

directions

1. Combine marinade ingredients in a small bowl. Add chicken, mix well. Let stand 30 min.
2. Combine batter ingredients in a medium bowl until just mixed. Do not stir to blend.
3. Combine sweet & sour sauce, chicken broth, water and cornstarch in a small bowl, set aside.
4. Preheat air fryer to 392°F for 3 minutes.
5. Coat each piece of chicken with batter and place into air fryer. Program to cook at 392°F for 11-23 minutes, checking for doneness. Repeat until all chicken is cooked.
6. Using a fry pan, place oil, heat to medium. Stir-fry green peppers, carrots and water chestnuts for 2 minutes. Add sweet & sour sauce mixture. Stir in pineapple. Stir-fry until sauce has thickened. Remove from heat.
7. Stir in chicken and serve immediately. Makes 4 servings.



Jamaican Chicken

ingredients

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|---------------------------------|------------------------------|
| 1/2 cup water | 5-6 thin slices fresh ginger |
| 2 dried chili peppers, crumbled | 1/2 onion chopped |
| 1/4 cup white-wine vinegar | 1 tbsp. pepper sauce |
| 1 tsp. dried thyme | 1/2 tsp. ground all spice |
| 1/2 tsp. ground black pepper | 1 whole chicken (2-2.5 lbs.) |

directions

1. In blender, combine water, ginger, chili peppers, onions, vinegar, pepper sauce, thyme, all spice and black pepper. Puree until fairly smooth. Spread mixture onto chicken evenly. Reserve leftover mixture for later use.
2. Cover and refrigerate chicken for 4 hours up to overnight.
3. Preheat air fryer to 392°F for 3 minutes. Place a wire rack (not included) into bottom of pan(12). Place chicken onto rack and program to cook at 392°F for 20-25 minutes.
4. Heat reserved mixture in a saucepan and serve with the chicken.

7



Maple Salmon

ingredients

- | |
|------------------------------|
| 1/4 cup maple syrup |
| 2 tbsp. soy sauce |
| 1 clove minced garlic |
| 1/4 tsp. garlic salt |
| 1/8 tsp. ground black pepper |
| 1 pound salmon |

directions

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat air fryer to 392°F. Place salmon onto oven safe pan or rack (not included) into the basket(13). Program to cook at 392°F for 10-14 minutes or until easily flaked with a fork.
4. Serve on bed of greens.

Fish Sticks with Yogurt Dip

ingredients

18 oz. center-cut salmon fillet, skinned
1/2 cup flour
1/2 tsp. fine sea salt
1/4 tsp. freshly ground black pepper
3 egg whites
1 cup grated parmesan

1 cup seasoned bread crumbs
olive oil, for drizzling
1/3 cup lowfat mayonnaise
1/3 cup lowfat plain yogurt
1 tbsp. dijon mustard
1 tbsp. chopped fresh parsley or chives

directions

1. Preheat air fryer to 392°F. Rinse salmon fillet and pat dry with paper towels. Slice fish so all the pieces are equally about 1/2 by 1/2 by 4 1/2-inches in size.
2. Place flour, salt, and pepper in a medium bowl. Place egg whites in another bowl and beat until frothy, about 30 seconds. Combine grated parmesan and bread crumbs in a third bowl.
3. Coat salmon pieces in the flour and pat to remove any excess flour. Dip floured fish sticks in egg whites and then into the parmesan mixture.
4. Place the breaded fish sticks into air fryer and lightly drizzle with olive oil. Program to cook at 392°F for 12-17 minutes or until golden brown. Repeat process until all fish sticks are cooked.
5. For dipping sauce: mix mayo, yogurt, dijon, and parsley (or chives) in a small dipping bowl.

8

Chicken Tenders with Honey Mustard Sauce

ingredients

2 pounds boneless, skinless chicken breasts
3 eggs
1 cup flour
2 cups panko bread crumbs
1 tsp. garlic powder
1 tsp. lemon pepper
1/2 tsp. cayenne
1/2 tsp. salt
1/2 tsp. pepper

HONEY MUSTARD:

1/2 cup dijon mustard
1/2 cup honey
2 tbsp. mayonnaise
1 tbsp. lemon juice
Salt and pepper

directions

1. Preheat air fryer to 329°F. Cut the chicken breasts into long strips and set aside.
2. Beat the 3 eggs in a separate bowl and place the flour into another separate dish. Pour the panko into a pie plate or shallow bowl and season with garlic powder, lemon pepper, cayenne, salt and pepper.
3. Dip the chicken strips into the flour, then beaten egg and the dredge them into the seasoned panko. Place chicken tenders into air fryer and program at 329°F for 10-15 minutes. Mid-way through cooking, toss/stir the chicken tenders. Repeat process until all chicken is cooked. Serve with honey mustard sauce.
4. Honey mustard: mix all the ingredients in a small bowl and season with salt and pepper.

Cornish Game Hens with Garlic & Rosemary

ingredients

4 cornish game hens
salt and pepper to taste
1 lemon, quartered
4 sprigs fresh rosemary
3 tbsp. olive oil

24 cloves garlic
1/3 cup white wine
1/3 cup low-sodium chicken broth
4 sprigs fresh rosemary for garnish

directions

1. Rub hens with 1 tbsp. of olive oil. Lightly season hens with salt & pepper. Place 1 lemon wedge and 1 sprig rosemary in cavity of each hen.
2. In a mixing bowl, whisk together wine, chicken broth, and remaining 2 tbsp. of oil; pour over hens. Refrigerate hens in the marinade for 1 hour up to 24 hours.
3. Preheat air fryer to 392°F. Remove hens from refrigerator and place into air fryer basket (13) and arrange garlic cloves around hens. Program at 392°F for 30 minutes.
4. Transfer hens to a platter, pouring any cavity juices into a medium saucepan. Tent hens with aluminum foil to keep warm. Transfer juices from the Pan (12) and the garlic cloves to the saucepan and boil until liquids reduce to a sauce consistency, about 6 minutes. Cut hens in half lengthwise and arrange on plates. Spoon sauce and garlic around hens. Garnish with rosemary sprigs, and serve.

Cajun Chicken

ingredients

2 cups vegetable oil
2 tbsp. cajun seasoning
2 tbsp. dried italian seasoning
garlic powder to taste
2 tbsp. lemon pepper
10 skinless, boneless chicken breast halves
(pounded to 1/2 inch thickness)

directions

1. In a large shallow dish, mix oil, cajun seasoning, italian seasoning, garlic powder, and lemon pepper. Place chicken in the dish and turn to coat with the mixture. Cover and refrigerate for 1/2 hour.
2. Preheat air fryer to 392°F. Drain chicken, and discard marinade.
3. Place chicken into air fryer and program at 392°F for 25-30 minutes.
4. Repeat process until all chicken is cooked.

Asian Pork Chops

ingredients

- | | |
|--------------------------|---------------------------------|
| 1 cup soy sauce | 1 tbsp. ground cumin |
| 1/2 cup brown sugar | 1 tbsp. roasted red chili paste |
| 2 cloves garlic, crushed | 6 (1-inch thick) pork chops |
| 1 tbsp. ground ginger | |

directions

1. Place the soy sauce, brown sugar, garlic, ginger, cumin, and chili paste in a large plastic zipper bag. Squeeze the bag with your fingers to mix the ingredients thoroughly and dissolve the brown sugar, place the pork chops into the marinade, and seal the bag. Allow to marinate in the refrigerator for 2-3 hours.
2. Remove pork chops from the fridge and let sit in room temperature for 30 minutes.
3. Preheat air fryer to 392°F. Remove the pork chops from marinade, and discard marinade. Shake off excess marinade, and place pork chops into air fryer and program at 392°F for 14-17 minutes until the meat is no longer pink inside. An instant-read meat thermometer inserted into the thickest part of a chop should read at least 145°F (63°C).
4. Thinner cuts will cook faster. Repeat process until all chops are cooked. Serve with bed of greens (optional).

Skirt Steak with Cilantro & Garlic Sauce

ingredients

SAUCE:

- 1 medium garlic clove
- 1/2 tsp. salt
- 1 cup coarsely chopped fresh cilantro
- 1/4 cup olive oil
- 2 tbsp. fresh lemon juice
- 1/8 tsp. cayenne

STEAK:

- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- Two 16oz skirt steaks

directions

1. For the sauce: mince garlic and mash to a paste with salt. Transfer to a blender and add remaining sauce ingredients, then blend until smooth.
2. Preheat air fryer to 392°F. Stir together cumin, salt, and pepper in a small bowl. Pat steak dry, then rub both sides of steaks with cumin mixture.
3. Place into air fryer and program to 392°F for 11-14 minutes (medium rare).
4. Repeat process for 2nd steak. Serve steak drizzled with sauce.

Churros

ingredients

1 cup water
1/2 cup margarine or butter
1/4 tsp. salt

1 cup flour
3 eggs
1/4 cup sugar
1/4 tsp. ground cinnamon

directions

1. Preheat air fryer to 356°F for 3 minutes.
2. To make churro dough, heat water, margarine and salt to a rolling boil in saucepan; stir in flour. Stir vigorously over low heat until mixture forms a ball, about 1 minute; remove from heat.
3. Beat eggs all at once; continue beating until smooth and then add to saucepan while stirring mixture. Spoon mixture into cake decorator's tube with large star tip (like the kind use to decorate cakes).
4. Squeeze 6-inch loops of dough into basket(13). Do not overlap. Program to cook at 356°F for 16-23 minutes. Repeat process until all churros are cooked.
5. Mix sugar and the optional cinnamon; roll churros in sugar mixture.

Mini Cheesecakes

ingredients

FILLING:

1 (8oz) package cream cheese, softened
1/4 cup white sugar
1 1/2 tsp. lemon juice
1/2 tsp. grated lemon zest
1/4 tsp. vanilla extract
1 egg

CRUST:

1/3 cup graham cracker crumbs
1 tbsp. white sugar
1 tbsp. margarine, melted

directions

1. Preheat air fryer to 329°F for 3 minutes. Grease 12 mini muffin cups
2. In a medium bowl, mix together the graham cracker crumbs, sugar, and margarine with a fork until combined. Measure a rounded tablespoon of the mixture into the bottom of each muffin cup, pressing firmly.
3. Place muffin cups into air fryer. Program at 329°F for 6 minutes, then remove to cool. Beat together the cream cheese, sugar, lemon juice, lemon zest and vanilla until fluffy. Mix in the egg. Pour the cream cheese mixture into the muffin cups, filling each until 3/4 full.
4. Program at 329°F for 14-17 minutes. Repeat process until all cheesecakes are cooked.

Rosemary Shortbread

ingredients

- 1/3 cup sugar
- 1 cup flour
- 2 tsp. chopped fresh rosemary
- 1 stick (4oz) salted butter, cold & cut into chunks

directions

1. Preheat air fryer to 329°.
2. Pulse everything in a food processor briefly just until combined.
3. Press the crumbly mix into a 7-inch round pie tin.
4. Place into air fryer and program to 329°F for 30 minutes or until golden on the edges, cool 5 minutes before cutting.

12

Apricot Pocket Pies

ingredients

- 4 apricots
- 4 tsp. butter
- 8 tsp. brown sugar
- cinnamon, for sprinkling
- 14 oz. store bought pie dough

directions

1. Preheat air fryer to 347°F. Halve the 4 apricots and remove pits.
2. Place 1/2 tsp. butter, 1 tsp. brown sugar, and a pinch of cinnamon inside each of the 2 halves, then put the halves back together.
3. Roll out a 14 oz (9-inch) store-bought pie crust dough and cut four 6-inch circles. Wrap each whole apricot in a circle of dough and pinch the edges to enclose fully. Sprinkle the tops of the pies with the sanding sugar.
4. Place pocket pies pinch side down into air fryer. Program to 347°F for 23-29 minutes or until golden.

Grand Marnier Souffle

ingredients

- | | |
|------------------------|---|
| 1 tbsp. butter, melted | 1 tsp. freshly grated orange zest |
| 1 tbsp. white sugar | 1 tbsp. brandy-based orange liqueur
(such as Grand Marnier®) |
| 5 tsp. butter melted | 1/8 tsp. vanilla extract |
| 5 tsp. flour | 2 egg whites |
| 1/4 cup cold milk | 1/4 cup white sugar, divided |
| 2 egg yolks | |

directions

1. Brush the insides of 2 (8oz) ramekins with 1 tbsp. melted butter and sprinkle with 1 tbsp. sugar.
2. Melt 1 tbsp. butter and 2 tsp. butter in a saucepan over medium-low heat; cook and stir flour in the melted butter until golden brown and fragrant, about 2 minutes. Pour in milk and cook, stirring continuously, until smooth and thick, 3-4 minutes. Remove from heat and transfer to a mixing bowl.
3. Stir orange zest and 1 tbsp. brandy-based orange liqueur into butter mixture until combined. Add egg yolks and 1/8 tsp. vanilla; mix until smooth.
4. Preheat air fryer to 329°F. Whisk egg whites in a large bowl until frothy. Slowly add half the 1/4 cup sugar and whisk until combined; add remaining sugar and continue to whisk until meringue is thick and holds its shape, but is not stiff.
5. Fold half the meringue into egg yolk mixture until combined. Gently fold in second half until well mixed. Transfer to the prepared ramekins, allowing 1/4 inch of space at the top. Place ramekins into air fryer and program to 329°F for 14-30 minutes until risen and browned.

13


Baked Pears

ingredients

- | | |
|---------------------------------|-------------------------------|
| 2 ripe, firm Bartlett pears | 2 tbsp. maple syrup |
| 1/2 lemon | water |
| 1 tbsp. unsalted butter | 1/2 tsp. pure vanilla extract |
| 2 tbsp. packed dark brown sugar | |

directions

1. Preheat air fryer to 392°F. Peel the pears and halve them lengthwise. Scoop out cores using a small spoon.
2. Rub the pears with the lemon juice to prevent browning.
3. In a saucepan, melt the butter. Add the brown sugar and maple syrup and cook over moderately low heat, stirring, until the sugar is dissolved. Add the pears and turn them several times to coat with the syrup.
4. In a shallow oven-safe dish (not included), arrange the pears, cut side down, in a single layer and pour sauce over them. Place oven-safe dish into air fryer and program to 392°F for 28 minutes or until just softened and golden.
5. Transfer the pears to a platter and keep warm. If necessary, add a little water to the sauce to thin the syrup. Remove from heat and stir in vanilla. Pour the syrup over the pears and serve warm or at room temperature.

A close-up photograph of several pieces of golden-brown, breaded fried chicken. The chicken is served on a white paper liner, and fresh green basil leaves are scattered around it. A semi-transparent white rectangular box is overlaid in the center of the image, containing contact information.

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