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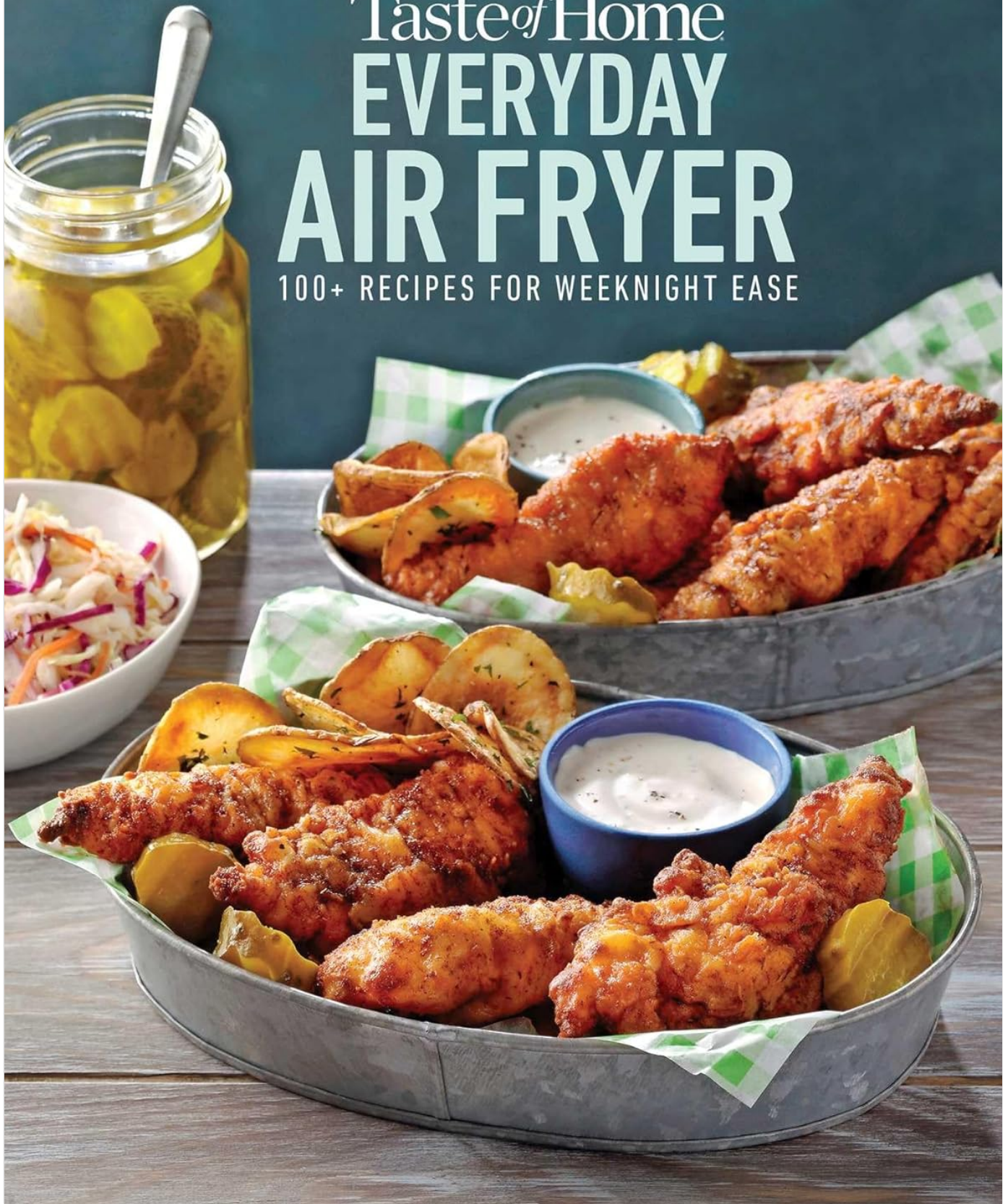
Your comprehensive guide to delicious air-fried meals, snacks, and desserts.

INTRODUCTION TO THE TASTE OF HOME EVERYDAY AIR FRYER COOKBOOK

This cookbook is designed to help you maximize the potential of your air fryer, an appliance that has revolutionized home cooking. It features over 100 recipes for quick dinners, simple snacks, and easy-to-prepare sweets, all optimized for air fryer use. Discover how to create crispy, flavorful dishes with less oil, making everyday meals both convenient and delicious.

Taste of Home EVERYDAY AIR FRYER

100+ RECIPES FOR WEEKNIGHT EASE



Front cover of the "Taste of Home Everyday Air Fryer" cookbook, featuring a vibrant image of air-fried chicken tenders, potato wedges, and dipping sauces.

GETTING STARTED: AIR FRYER 101

This section provides fundamental information about air frying, ensuring you get the best results from your recipes. It covers essential tips for using your air fryer effectively.

Understanding Your Air Fryer

Air fryers offer a convenient way to achieve crispy, crunchy textures without excessive oil. This cookbook provides guidance on how to adapt traditional recipes for air frying, making it easier to prepare healthier versions of your favorite foods.

The recipes within this book have been tested across various air fryer models to ensure reliable results. Cooking times may vary slightly depending on your specific air fryer model and its wattage. Always check for doneness and adjust cooking times as needed.



WHAT OUR TESTING REVEALED

Our Test Kitchen tested recipes using six different air-fryer models.

We discovered cook times can vary dramatically across different brands.

To accommodate this variance, the recipes in this book have a wider than normal range of suggested cook times. Begin checking the food at the first time listed in the recipe and adjust as needed.

SAY GOODBYE TO YOUR DEEP FRYER, AND PREPARE THE CRISPIEST, CRUNCHIEST, TASTIEST “UNFRIED” FOODS EVER. LET THIS BOOK BE YOUR GUIDE.

Do you love kitchen gadgets? If the answer is yes, chances are you have an air fryer. These small but mighty countertop appliances have been around for about a decade, but they’ve recently picked up steam for their ability to “fry” foods with little to no oil.

If you’re new to this method of “frying” food, fear not. Now you can cook with confidence with the 112 delicious air-fried recipes inside *Taste of Home Everyday Air Fryer*. With this brand-new cookbook in hand, it’s never been easier to lighten some of your favorite comfort foods. That’s because the air method practically eliminates the need for oil, leaving you with crispy chicken tenders, breaded fish fillets, toasted ravioli, onion rings, potato chips and other fun foods, all without the unpleasant mess or excess fat of deep-fat frying.

But this appliance isn’t just for creating a healthier alternative

to cooking traditionally deep-fried foods. You can also make other tried-and-true favorites with this cool tool. Cook up a juicy air-fryer steak. Start your Saturday morning with a batch of sizzling bacon. Or satisfy your sweet tooth by air-frying chocolate chip cookies.

Air-fryer aficionados know this kitchen tool is good for more than making recipes from scratch. It’s also awesome for reheating foods like french fries and other takeout faves. Put it to work cooking frozen foods—from mozzarella sticks to chicken wings—in a flash. The creative possibilities are endless!

An example of an air fryer, similar to those used for testing recipes in this cookbook.

AIR FRYER COOKING TIPS FOR SUCCESS

Achieve optimal results with these practical tips for air frying:

- **Check the Temperature:** Air fryer temperatures can vary. Use an oven thermometer to verify accuracy.
- **Know Your Air Fryer's Cooking Times:** Cooking times can differ between models. Monitor food closely and adjust as necessary.
- **Cook Food in a Single Layer:** Avoid overcrowding the air fryer basket to ensure even cooking and crispiness. Cook in batches if needed.
- **Shake or Flip:** For even browning, shake the basket or flip food halfway through cooking.
- **Use a Thermometer:** Always use a food thermometer to ensure meats are cooked to a safe internal temperature.
- **Avoid Too Much Oil:** While some recipes call for a light spray of oil, excessive oil can lead to smoking.
- **Don't Overfill the Basket:** Overfilling prevents proper air circulation, leading to unevenly cooked or soggy food.



An air fryer basket containing perfectly cooked sweet potato fries, illustrating proper loading for even cooking.

RECIPE CATEGORIES

The cookbook is organized into various categories to help you easily find the perfect recipe for any occasion. Each section offers a diverse range of dishes, from quick appetizers to satisfying main courses and delightful desserts.

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The table of contents, outlining the various recipe categories available in the cookbook.

Snacks & Appetizers

Explore a variety of crispy and flavorful snacks and appetizers, perfect for gatherings or a quick bite.

Breaded Pickles

Enjoy these deep-fried pickles, a crunchy and tangy treat. Serve with ranch dressing.

Prep: 20 min. + standing

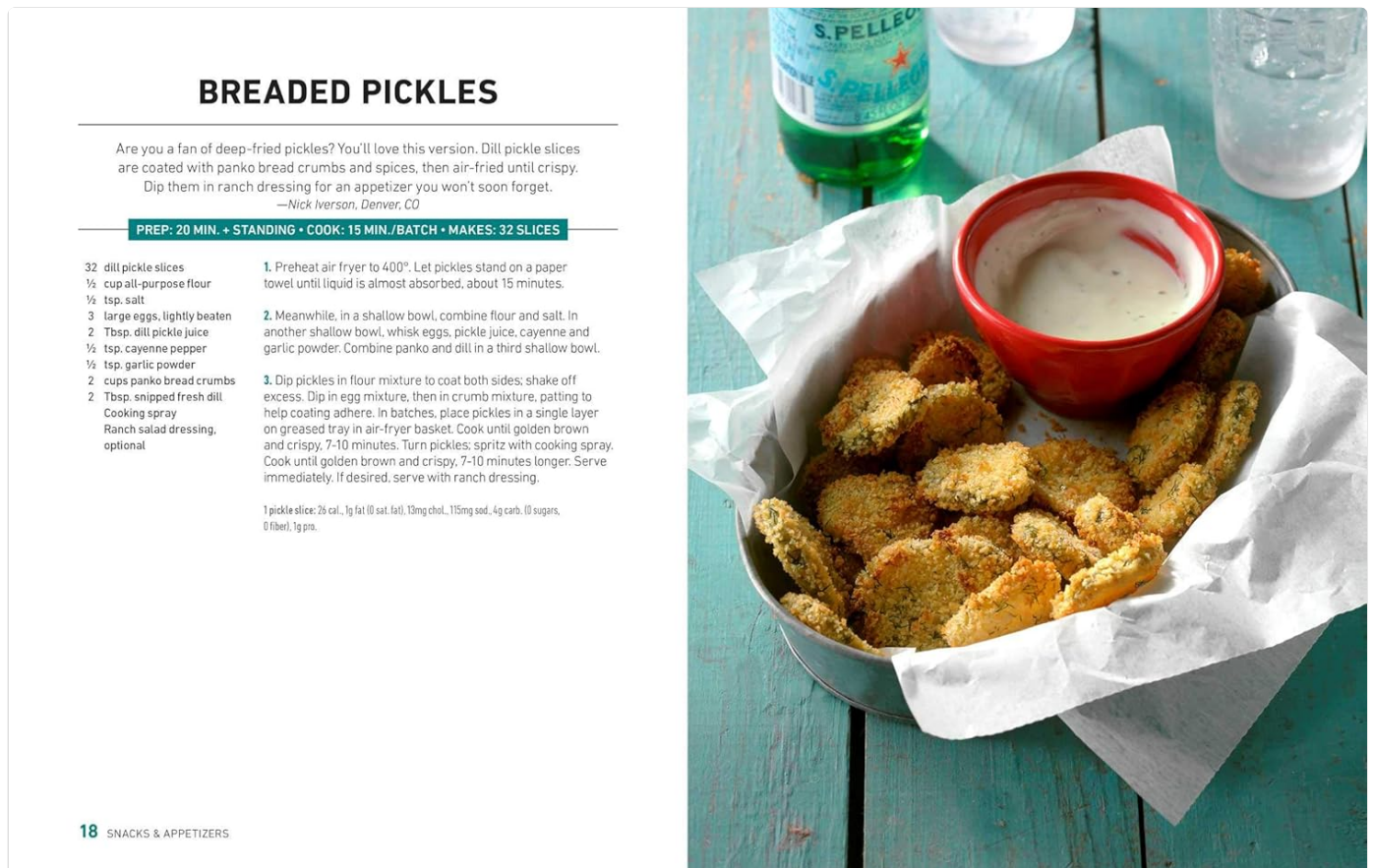
Cook: 15 min./batch

Makes: 32 slices

Ingredients: 32 dill pickle slices, 1/2 cup all-purpose flour, 1/4 tsp. salt, 3 large eggs, lightly beaten, 2 Tbsp. dill pickle juice, 1/2 tsp. cayenne pepper, 1/2 tsp. garlic powder, 2 cups panko bread crumbs, 2 Tbsp. snipped fresh dill, Cooking spray, Ranch salad dressing, optional.

Instructions:

1. Preheat air fryer to 400°F. Let pickles stand on a paper towel until liquid is almost absorbed, about 15 minutes.
2. Meanwhile, in a shallow bowl, combine flour and salt. In another shallow bowl, whisk eggs, pickle juice, cayenne and garlic powder. Combine panko and dill in a third shallow bowl.
3. Dip pickles in flour mixture to coat both sides; shake off excess. Dip in egg mixture, then in crumb mixture, patting to help coating adhere. In batches, place pickles in a single layer on greased tray in air-fryer basket. Cook until golden brown and crispy, 7-10 minutes. Turn pickles; spritz with cooking spray. Cook until golden brown and crispy, 7-10 minutes longer. Serve immediately, if desired, serve with ranch dressing.



Crispy breaded pickles served with a creamy dipping sauce.

Toasted Ravioli

A St. Louis favorite, these toasted ravioli are crispy on the outside and tender on the inside. Serve with warm marinara sauce.

Prep: 10 min.

Cook: 10 min./batch

Makes: About 1 1/2 dozen

Ingredients: 1 cup seasoned bread crumbs, 1/4 cup shredded Parmesan cheese, 2 Tbsp. dried basil, 1/4 cup all-purpose flour, 2 large eggs, lightly beaten, 1 pkg. (25 oz.) frozen beef ravioli, thawed, Cooking spray, Fresh minced basil, optional,

1 cup marinara sauce, warmed.

Instructions:

1. Preheat air fryer to 350°F. In a shallow bowl, mix bread crumbs, Parmesan cheese and basil. Place flour and eggs in separate shallow bowls. Dip ravioli in flour to coat both sides; shake off excess. Dip in eggs, then in crumb mixture, patting to help coating adhere.
2. In batches, arrange ravioli in a single layer on greased tray in air-fryer basket; spritz with cooking spray. Cook until golden brown, 3-4 minutes. Turn; spritz with cooking spray. Cook until golden brown, 3-4 minutes longer. If desired, immediately sprinkle with basil and additional Parmesan cheese. Serve warm with marinara sauce.



TOASTED RAVIOLI

While visiting a friend in St. Louis, I tried toasted ravioli at almost every restaurant we visited. When I got home, I had to replicate them. I think this recipe comes pretty close.
—Cristina Carrera, Kenosha, WI

PREP: 20 MIN. • COOK: 10 MIN./BATCH • MAKES: ABOUT 1½ DOZEN

- | | |
|--|---|
| <p>1 cup seasoned bread crumbs
¼ cup shredded Parmesan cheese
2 tsp. dried basil
½ cup all-purpose flour
2 large eggs, lightly beaten
1 pkg. (9 oz.) frozen beef ravioli, thawed
Cooking spray
Fresh minced basil, optional
1 cup marinara sauce, warmed</p> | <p>1. Preheat air fryer to 350°. In a shallow bowl, mix bread crumbs, Parmesan cheese and basil. Place flour and eggs in separate shallow bowls. Dip ravioli in flour to coat both sides; shake off excess. Dip in eggs, then in crumb mixture, patting to help coating adhere.</p> <p>2. In batches, arrange ravioli in a single layer on greased tray in air-fryer basket; spritz with cooking spray. Cook until golden brown, 3-4 minutes. Turn; spritz with cooking spray. Cook until golden brown, 3-4 minutes longer. If desired, immediately sprinkle with basil and additional Parmesan cheese. Serve warm with marinara sauce.</p> |
|--|---|

1 piece: 40 cal., 1g fat (0 sat. fat), 6mg chol., 117mg sod., 6g carb. (1g sugars, 1g fiber), 2g pro.

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Golden brown toasted ravioli, garnished with cheese and served with marinara sauce.

Poultry

Discover comforting and hearty poultry dishes, offering healthier alternatives to traditional fried chicken and other favorites.

Crispy Curry Drumsticks

These air-fryer chicken drumsticks are flavorful, crispy on the outside and juicy on the inside. Adjust red pepper flakes for desired spice level.

Prep: 15 min.

Cook: 15 min./batch

Makes: 6 servings

Ingredients: 1 lb. chicken drumsticks, 1/2 tsp. salt, divided, 2 Tbsp. olive oil, 1/2 tsp. curry powder, 1/4 tsp. onion powder, 1/4 tsp. garlic powder, Minced fresh cilantro, optional.

Instructions:

1. In a large bowl, place chicken and enough water to cover. Add 1/4 tsp. salt; let stand 15 minutes at room temperature. Drain and pat dry.

- Preheat air fryer to 375°F. In another bowl, mix the oil, curry powder, onion salt, garlic powder and remaining 1/4 tsp. salt; add chicken and toss to coat. In batches, place chicken in a single layer on tray in air-fryer basket. Cook until a thermometer inserted in chicken reads 170°-175°F, 15-17 minutes, turning halfway through. If desired, sprinkle with cilantro.

CRISPY CURRY DRUMSTICKS

These air-fryer chicken drumsticks are flavorful, crispy on the outside and juicy on the inside. Sometimes I'll add some red pepper flakes in addition to the curry powder if I want to spice it up a bit. I like to serve it with chicken-seasoned rice and boiled broccoli.

—Zena Furgason, Norman, OK

PREP: 35 MIN. • COOK: 15 MIN./BATCH • MAKES: 4 SERVINGS

1 lb. chicken drumsticks
 ¼ tsp. salt, divided
 2 Tbsp. olive oil
 2 tsp. curry powder
 ½ tsp. onion salt
 ½ tsp. garlic powder
 Minced fresh cilantro,
 optional

1. In a large bowl, place chicken and enough water to cover. Add ¼ tsp. salt; let stand 15 minutes at room temperature. Drain and pat dry.

2. Preheat air fryer to 375°. In another bowl, mix the oil, curry powder, onion salt, garlic powder and remaining ¼ tsp. salt; add chicken and toss to coat. In batches, place chicken in a single layer on tray in air-fryer basket. Cook until a thermometer inserted in chicken reads 170°-175°, 15-17 minutes, turning halfway through. If desired, sprinkle with cilantro.

2 oz. cooked chicken: 160 cal., 13g fat (3g sat. fat), 47mg chol., 711mg sod., 1g carb. (0 sugars, 1g fiber), 15g pro.



Crispy, golden-brown chicken drumsticks seasoned with curry, ready to serve.

Sweets & Desserts

Master making desserts in your air fryer with these innovative recipes, from crispy cookies to molten lava cakes.

Honeyed Pears in Puff Pastry

A delightful dessert featuring pears wrapped in puff pastry and drizzled with honey.

Prep: 25 min.

Cook: 15 min.

Makes: 4 servings

Ingredients: 4 small pears, 4 cups water, 2 cups sugar, 1 cup honey, 1 small lemon, halved, 2 cinnamon sticks (3 in.), 4 to 8 whole cloves, 1 vanilla bean, 1 sheet frozen puff pastry, thawed, 1 large egg, lightly beaten.

Instructions:

- Core pears from bottom, leaving stems intact. Peel pears; cut 1/4 in. from the bottom of each to level if necessary.
- In a large saucepan, combine water, sugar, honey, lemon halves, cinnamon and cloves. Split vanilla bean and scrape seeds; add bean and seeds to sugar mixture. Bring to a boil. Reduce heat; place pears on their sides in saucepan and poach, uncovered, until almost tender, basting occasionally with the poaching liquid, 16-20 minutes.
- Remove pears with a slotted spoon; cool slightly. Strain and reserve 1/2 cup poaching liquid; set aside.
- Preheat air fryer to 375°F. Unfold puff pastry on a lightly floured surface. Cut into 1/2-in.-wide strips. Brush lightly with beaten egg. Starting at the bottom of a pear, wrap a pastry strip around pear, adding additional strips until pear is completely wrapped in pastry. Repeat with remaining pears and puff pastry.

- Place the pears in a single layer on greased tray in air-fryer basket. Cook until golden brown, 12-15 minutes.
- Meanwhile, bring reserved poaching liquid to a boil; cook until liquid is thick and syrupy, about 10 minutes. Place pears on dessert plates and drizzle with syrup. Serve warm.



HONEYED PEARS IN PUFF PASTRY

A honey of a salute to late-summer pear season, this cozy dessert looks both elegant and decadent. Wrapped in puff pastry, the pears resemble little beehives.

—Heather Baird, Knoxville, TN

PREP: 25 MIN. • COOK: 15 MIN. • MAKES: 4 SERVINGS

4 small pears
4 cups water
2 cups sugar
1 cup honey
1 small lemon, halved
3 cinnamon sticks (3 in.)
6 to 8 whole cloves
1 vanilla bean
1 sheet frozen puff pastry, thawed
1 large egg, lightly beaten

1. Core pears from bottom, leaving stems intact. Peel pears; cut ¼ in. from the bottom of each to level if necessary.

2. In a large saucepan, combine water, sugar, honey, lemon halves, cinnamon and cloves. Split vanilla bean and scrape seeds; add bean and seeds to sugar mixture. Bring to a boil. Reduce heat; place pears on their sides in saucepan and poach, uncovered, until almost tender, basting occasionally with the poaching liquid, 16-20 minutes.

3. Remove pears with a slotted spoon; cool slightly. Strain and reserve ½ cups poaching liquid; set aside.

4. Preheat air fryer to 325°. Unfold puff pastry on a lightly floured surface. Cut into ½-in.-wide strips. Brush lightly with beaten egg. Starting at the bottom of a pear, wrap a pastry strip around pear, adding additional strips until pear is completely wrapped in pastry. Repeat with remaining pears and puff pastry.

5. Place the pears in a single layer on greased tray in air-fryer basket. Cook until golden brown, 12-15 minutes.

6. Meanwhile, bring reserved poaching liquid to a boil; cook until liquid is thick and syrupy, about 10 minutes. Place pears on dessert plates and drizzle with syrup. Serve warm.

1 pear with 3 Tbsp. syrup: 536 cal., 18g fat (4g sat. fat), 47mg chol., 223mg sod., 92g carb. (50g sugars, 9g fiber), 7g pro.

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Elegant honeyed pears baked in flaky puff pastry, served on white plates.

BOOK DETAILS AND SPECIFICATIONS

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