

GOURMIA®

Grill & Air Fryer *Recipe Book* *and Cooking Chart*

Includes 16 recipes
uniquely created for
Model **GGA2100**



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Gourmia®



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Arayes with White Sauce

For white sauce

- ½ cup mayonnaise
- ½ cup Greek yogurt
- 1 tablespoon sugar
- 2 tablespoons white vinegar
- 1 teaspoon lemon juice
- ¼ cup chopped fresh parsley
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

For meat mixture

- 1 pound lean ground lamb or beef
- ½ cup chopped fresh cilantro
- ½ cup chopped fresh parsley
- ½ cup chopped red onion
- ½ cup chopped tomato
- 1 tablespoon pine nuts (optional)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- 2 large pita breads, cut in half to form 4 pockets
- olive oil for brushing on arayes

Serves 4 / COOK TIME 10–12 minutes

Preheat Gourmia **FoodStation™** to GRILL MEDIUM

To make the sauce

Mix all ingredients together and refrigerate until ready to serve

To make the arayes

1. Mix all ingredients except pita bread and olive oil until fully combined
2. Divide meat mixture into fourths
3. Stuff each pita bread half with a fourth of the meat mixture, spreading meat out evenly
4. Brush each side of arayes with olive oil
5. Grill 10–12 minutes, turning halfway through cooking, adjusting heat to LOW if arayes start to brown too quickly
6. Grill open side of arayes for an additional 1–2 minutes if desired

Serve with white sauce



Chicken Souvlaki with Tzatziki

For chicken souvlaki

4 boneless skinless chicken breasts,
cut into 1-inch pieces
¼ cup olive oil
2 tablespoons lemon juice
2 large garlic cloves, minced
1 teaspoon dried oregano
1 teaspoon kosher salt
½ teaspoon ground black pepper

For tzatziki sauce

1 cup plain Greek yogurt
1 small cucumber, seeded, grated, and squeezed
to remove excess liquid
1 small garlic clove, minced
⅓ cup olive oil
2 teaspoons white vinegar
¼ teaspoon kosher salt
8 wooden skewers, soaked in water for 1 hour

Serves 4 / COOK TIME 6–8 minutes (plus 2 hours for marinating)

1. Combine olive oil, lemon juice, garlic, oregano, salt and black pepper in a large resealable bag
2. Add chicken and marinate in the refrigerator for 2 hours
3. Make the tzatziki sauce by combining all ingredients and refrigerate until ready to use
4. Remove chicken from marinade and thread onto the soaked skewers. Discard marinade
5. Preheat Gourmia **FoodStation™** to GRILL HIGH
6. Cook chicken 6–8 minutes, turning halfway through, until chicken is cooked through

Serve with tzatziki sauce



Coconut Shrimp with Lime Aioli

For coconut shrimp

- 1 pound large shrimp, peeled and deveined
- ½ cup all-purpose flour
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- 1 cup unsweetened shredded coconut
- ½ cup panko breadcrumbs

For lime aioli

- ½ cup mayonnaise
- 1 small garlic clove, minced
- 1 teaspoon lime zest
- 1 tablespoon lime juice

Serves 2 / COOK TIME 8-10 minutes

Preheat Gourmia **FoodStation™** to AIR FRY 375°

To make the lime aioli

Combine all the lime aioli ingredients together in a small bowl.
Refrigerate until ready to serve

To make the coconut shrimp

1. Combine flour, salt and black pepper in a shallow bowl
2. Whisk eggs with 2 tablespoons of water in a second shallow bowl
3. Combine shredded coconut and panko in a third shallow bowl
4. Dip shrimp into flour mixture, shaking off any excess
5. Next, dip shrimp into eggs
6. And lastly, dip shrimp in coconut panko mixture, gently pressing to adhere
7. Place coconut shrimp into air fryer basket in a single layer, cooking in batches if necessary
8. Cook 8-10 minutes, turning shrimp halfway through cooking

Serve with lime aioli



Fried Pickles

with Dill Pickle Dip

For fried pickles

1 cup all-purpose flour
1 teaspoon onion powder
1 teaspoon garlic powder
¼ teaspoon cayenne pepper
¼ teaspoon kosher salt
½ cup buttermilk, or whole milk
1 large egg
1 cup panko breadcrumbs
2 cups dill pickle slices, drained (reserve juice for dip)
and patted dry

For pickle dip

½ cup sour cream
½ cup mayonnaise
1 teaspoon dried dill or 2 teaspoons fresh dill, chopped
1 teaspoon sugar
1 tablespoon reserved pickle juice

Serves 4 / COOK TIME 8-10 minutes

Preheat Gourmia **FoodStation™** to AIR FRY 400°

To make pickle dip

Combine all pickle dip ingredients together in a small bowl.
Refrigerate until ready to serve

To make fried pickles

1. Combine flour, onion powder, garlic powder, cayenne and salt in a shallow bowl
2. Beat egg and buttermilk together in a second shallow bowl
3. Place panko in a third shallow bowl
4. Working in batches, dip pickle slices into seasoned flour, then egg mixture, and lastly, into panko
5. Place as many pickle slices as will fit in a single layer into air fryer basket, cooking in batches if necessary
6. Cook pickle slices for 8-10 minutes until golden brown

Serve with pickle dip



Greek Fries

16 ounces strait-cut frozen French fries
8 ounces feta cheese, crumbled
¼ cup chopped fresh oregano or parsley
1 large garlic clove, minced
1 lemon, cut into quarters

Serves 4 / COOK TIME 20 minutes

Preheat Gourmia **FoodStation™** to AIR FRY 400°

1. Cook fries on AIR FRY 400° for 20 minutes
2. Sprinkle feta cheese and minced garlic evenly over fries
3. Continue cooking for 3-5 minutes or until feta cheese is melted
4. Squeeze fresh lemon juice over fries just before serving



Grilled Bananas Foster

¼ cup unsalted butter
1 cup light brown sugar
½ teaspoon cinnamon
¼ cup spiced dark rum
¼ cup banana liqueur, if not available substitute
spiced dark rum
¼ cup pecans, chopped
4 ripe bananas, peeled and cut in half lengthwise
vegetable oil for brushing on bananas
4 scoops vanilla ice cream for serving

Serves 4 / COOK TIME 15 minutes

Preheat Gourmia **FoodStation™** to GRILL MEDIUM

1. Heat butter in a small pan over low heat until melted
2. Stir in brown sugar and continue cooking until sugar is completely dissolved
3. Carefully pour spiced rum and banana liqueur into pan
4. Stir in cinnamon and pecans. Continue cooking until slightly thickened, approximately 5 minutes
5. Remove from heat and reserve
6. Brush bananas with vegetable oil
7. Grill bananas on MEDIUM for approximately 3 minutes on each side or until golden brown

For each serving: Arrange 1 scoop of vanilla ice cream and 2 banana halves on a plate. Spoon some of the reserved sauce over each



Grilled Haloumi with Zaatar and Honey

1 16-ounce block haloumi cheese,
sliced into ½-inch thick slices
1 tablespoon olive oil
1 tablespoon honey
1 tablespoon zaatar

Serves 4 / COOK TIME 6 minutes

Preheat Gourmia **FoodStation™** to GRILL MEDIUM

1. Brush sides of haloumi with olive oil
2. Grill on MEDIUM for 3 minutes per side or until golden brown
3. Remove from heat. Immediately brush slices with honey and sprinkle with zaatar

Serve alone or with slices of grilled bread and salad greens



Grilled Spiced Cauliflower Steaks with Turmeric

1 large head cauliflower
3 tablespoons olive oil, divided
1 teaspoon kosher salt
1 teaspoon ground turmeric
½ teaspoon ground cumin
½ teaspoon garlic powder
½ teaspoon ground black pepper
¼ teaspoon cayenne, or to taste
¼ cup chopped fresh cilantro or parsley

Serves 3-4 / COOK TIME 13-16 minutes

Preheat Gourmia **FoodStation™** to GRILL MEDIUM

1. Trim the stem end of the cauliflower, leaving the core intact
2. Using a large knife, carefully cut the cauliflower from top to base into 3-4 steaks
3. Brush steaks on both sides with 1 tablespoon of the olive oil
4. Grill steaks for 5-6 minutes on each side
5. While steaks are cooking, combine remaining ingredients
6. Brush spice mixture on both sides of steaks
7. Continue cooking for an additional 3-4 minutes per side until golden brown and cooked through

Serve hot or at room temperature



Grilled Strawberry Daiquiri Cake

1 loaf vanilla pound cake, homemade or store-bought, cut into 12 slices
16 ounces fresh or frozen strawberries, sliced
juice and zest of 1 lime
¼ cup white rum
1 tablespoon sugar
6 scoops strawberry ice cream
whipped cream, optional

Serves 6 / COOK TIME 4 minutes

Preheat Gourmia **FoodStation™** to GRILL LOW

1. In a small bowl, mix together strawberries, lime juice, lime zest, rum and sugar. Reserve
2. Grill slices of cake on each side until toasted and golden brown, approximately 2 minutes per side

For each serving: Arrange 1 scoop of strawberry ice cream and 2 slices of grilled cake on a plate. Spoon some of the reserved strawberry mixture over each and garnish with whipped cream if desired



Grilled Summer Fruits with Honey and Lime

6 cups assorted fruit (watermelon, pineapple, cantaloupe),
cut into 1-inch cubes
½ cup fresh lime juice
2 tablespoons honey
pinch of kosher salt
8–10 wooden skewers, soaked in water for 1 hour
1 cup mascarpone sweetened with 1 teaspoon
powdered sugar

*For a sweet and salty take, replace mascarpone and sugar
with whipped feta

Serves 4 / COOK TIME 6–8 minutes

Preheat Gourmia *FoodStation™* to GRILL MEDIUM

1. Mix lime juice, honey and salt together in a small bowl
2. Thread fruit cubes onto soaked skewers
3. Brush each skewer with lime juice mixture
4. Grill 6–8 minutes, turning often until fruit is lightly charred on all sides

Serve hot or at room temperature with mascarpone or feta



Grilled Zucchini with Fresh Mint

4 medium zucchini, sliced into long ½-inch thick strips
¼ cup olive oil
1 teaspoon kosher salt
1 large garlic clove, minced
½ teaspoon ground black pepper
½ teaspoon dried oregano
¼ teaspoon crushed red pepper
¾ cup chopped fresh mint leaves, divided

Serves 4 / COOK TIME 6–8 minutes

Preheat Gourmia **FoodStation™** to GRILL HIGH

1. In a large bowl, mix olive oil, salt, garlic, black pepper, oregano, crushed red pepper and a ½ cup of the chopped mint
2. Add zucchini to bowl and toss gently until zucchini is evenly coated with oil and seasonings
3. Grill 6–8 minutes, turning halfway through cooking until zucchini is soft and lightly charred
4. Garnish with remaining mint

Serve hot or at room temperature



Melty Chicken Bacon Ranch Burrito

4 small or 2 large air fried or grilled chicken breasts, shredded
4 large flour tortillas
4 slices bacon, air fried and crumbled
1 cup shredded Monterey Jack cheese
1 green onion, chopped
¼ cup ranch dressing
¼ cup pickled jalapeno slices or dill pickles, chopped
¼ cup chopped fresh cilantro
2 teaspoons hot sauce, or to taste
vegetable oil for brushing on burritos

Serves 4 / COOK TIME 6-8 minutes

Preheat Gourmia **FoodStation™** to AIR FRY 375°

1. Combine all ingredients except flour tortillas and oil in a large bowl and mix well
2. Lay tortillas out flat and place ¼ of the filling mixture on the lower half of each tortilla
3. Fold sides over filling and then roll up to enclose filling in tortillas
4. Brush each burrito with vegetable oil
5. Place burritos in air fryer basket in a single layer, cooking in batches if necessary
6. Cook 6-8 minutes, turning halfway through cooking until golden brown and crispy

Serve with additional ranch dressing if desired



Sincronizadas

8 medium-size corn or flour tortillas
8 slices cooked ham
1 cup Oaxaca or Monterrey Jack cheese, shredded
vegetable oil for brushing on tortillas
guacamole for serving
Pico de Gallo for serving

Serves 4 / COOK TIME 6-8 minutes

Preheat Gourmia **FoodStation™** to GRILL LOW

1. Brush one side of each tortilla with vegetable oil
2. Lay 4 of the tortillas oil side down on a cutting board
3. Top each tortilla with two slices of ham and ¼ cup of shredded cheese
4. Top with remaining tortillas, oil side up
5. Cook 6-8 minutes, turning halfway through cooking until cheese is melted

Serve with guacamole and Pico de Gallo



Sweet Potato, Bacon and Kale Hash

2 medium sweet potatoes,
peeled and cut into ½ inch dice
2 large shallots, finely sliced or 1 small onion
2 cups chopped kale
4 slices bacon, chopped
½ teaspoon kosher salt
½ teaspoon ground black pepper
½ teaspoon smoked paprika
½ teaspoon garlic powder
¼ teaspoon crushed red pepper, or to taste
2 eggs, fried (optional)

Serves 2 / COOK TIME 15–20 minutes

Preheat Gourmia **FoodStation™** to AIR FRY 400°

1. Place all ingredients except eggs into a large bowl
2. Toss to coat potatoes, bacon, and kale evenly with seasonings
3. Spoon mixture into air fryer basket
4. Cook 15–20 minutes until sweet potatoes are cooked through and browned

Top with fried eggs if desired



Tangy and Sweet Grilled Salmon Bowl

For salmon bowl

4 skinless salmon fillets, 4–6 oz. each

2 cups cooked quinoa or brown rice

Additional favorite salad greens and toppings: spinach, avocado, tomato, cucumber etc.

For marinade/dressing

1 cup vegetable oil

½ cup soy sauce

½ cup balsamic vinegar

¼ cup maple syrup

1 large garlic clove, minced

1-inch piece of ginger, minced

1 small shallot, minced

2 teaspoons Sriracha or similar chili sauce, or to taste

2 teaspoons sesame oil

Serves 4 / Cook Time: 6–8 minutes (plus 30 minutes for marinating)

To make the marinade/dressing

1. Mix all marinade/dressing ingredients together in a large bowl.
2. Remove ½ cup marinade and pour into a large resealable bag. Add salmon, then marinate in the refrigerator for 30 minutes
3. Remove an additional ½ cup of marinade from bowl and mix with quinoa (or brown rice)
4. Reserve remaining marinade to use as your salad dressing

To make the salmon fillets

1. Preheat Gourmia **FoodStation™** to GRILL MEDIUM
2. Remove salmon fillets from marinade and discard marinade in bag
3. Grill salmon on medium for 3–4 minutes per side or until desired doneness

For each serving: Divide quinoa or brown rice, greens, and salad toppings equally between 4 bowls. Top each bowl with 1 salmon fillet and some of the reserved dressing



Thai Grilled Steak

For steak

- 2 strip steaks, about 16 oz. each
- 16 ounces mixed salad greens
- 1 cup shredded carrots
- 1 small red onion, thinly sliced

For marinade

- $\frac{3}{4}$ cup vegetable oil
- $\frac{1}{4}$ cup soy sauce
- juice and zest of 2 limes (about $\frac{1}{4}$ cup juice)
- 2 tablespoons light brown sugar
- 1 small shallot, minced
- 1 teaspoon fish sauce or 1 tablespoon oyster sauce
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 small Thai chili, finely sliced (optional)
- 1 stalk lemongrass (white part only), finely sliced (omit if unavailable)

Serves 4 / COOK TIME 6-8 minutes for medium (plus 1 hour for marinating)

To make the marinade


















1. In a large bowl, combine all marinade ingredients
2. Remove $\frac{1}{2}$ of the marinade and reserve
3. Place steaks and remaining marinade in a large resealable bag and marinate in the refrigerator for 1 hour















To make the steak






4. Preheat Gourmia **FoodStation™** to GRILL HIGH
5. Remove steaks from marinade and discard marinade in bag
6. Grill steaks on HIGH for 3-4 minutes per side (for medium)
7. Divide salad greens, carrots, and onions between 4 plates
8. When steaks are done, let rest for a few minutes before slicing and placing on top of greens
9. Spoon a few tablespoons of reserved marinade over each plate














AIR FRY COOKING CHART

Cook time will vary depending on the amount of food, thickness, and brand.
Check food for desired doneness and always ensure raw proteins reach food-safe temperature.

	INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
	VEGETABLES					
	Asparagus	1 bunch	Whole, trimmed	2 tsp	400°F	7–10 minutes
	Beets	4 medium	Whole, skin on	None	350°F	45–60 minutes
	Bell peppers (to roast)	4 medium	Whole	None	400°F	20–25 minutes
	Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	400°F	10–12 minutes
	Brussels sprouts	16 oz	Cut in half	1 Tbsp	400°F	15–20 minutes
	Butternut squash	1 small	Peeled, cut in 1-inch cubes	1 Tbsp	400°F	20–25 minutes
	Carrots	16 oz	Peeled, cut in ½-inch pieces	1 Tbsp	400°F	13–16 minutes
	Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	400°F	15–20 minutes
	Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	400°F	12–15 minutes
	Green beans	16 oz	Trimmed	1 Tbsp	400°F	8–10 minutes
	Kale (to make chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	15–20 minutes
	Mushrooms	16 oz	Cut in half	1 Tbsp	400°F	8–10 minutes
	Potatoes, russet	16 oz	Cut in 1-inch wedges	1 Tbsp	400°F	25–30 minutes
		16 oz	Hand-cut fries, thin	1 Tbsp	400°F	15–20 minutes
		16 oz	Hand-cut fries, thick	1 Tbsp	400°F	25–30 minutes
		4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
	Potatoes, sweet	16 oz	Cut in 1-inch cubes	1 Tbsp	400°F	15–20 minutes
		4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
	Zucchini	2 medium	Cut in half lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	12–15 minutes
	Eggplant	1 medium	Cut in quarters lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	15–18 minutes
	Tofu	16 oz	Cut in 1-inch cubes	1 Tbsp	375°F	15–18 minutes

















INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME	
POULTRY						
	Chicken breasts	2 breasts (12 oz each) 2 breasts (8 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	20–30 minutes 15–20 minutes
	Chicken thighs	4 thighs (6 oz each) 4 thighs (10 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	25–35 minutes 18–25 minutes
	Chicken wings	16 oz	Drumettes & flats	1 Tbsp	400°F	20–25 minutes
	Turkey breast	4 cutlets (6 oz each)	Boneless	Brushed with oil	400°F	10–12 minutes
FISH & SEAFOOD						
	Crab cakes	2 cakes (6 oz each)	None	Brushed with oil	375°F	10–12 minutes
	Lobster tails	4 tails (4 oz each)	Whole	None	375°F	5–8 minutes
	Salmon fillets	2 fillets (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	White fish fillets	2 fillets (6 oz each)	None	Brushed with oil	400°F	10–12 minutes
	Swordfish	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	Tuna	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	Shrimp	16 oz	Whole, peeled	1 Tbsp	375°F	7–10 minutes
BEEF						
	Burgers	4 (4 oz each)	1-inch thick	None	400°F	8–10 minutes
	Meatballs	12 (2-inches thick)	2-inches thick	None	400°F	10–15 minutes
	Steak	2 steaks (8 oz each, 1-inch thick)	Bone-in	None	400°F	15–20 minutes
		2 steaks (8 oz each, 1-inch thick)	Boneless	None	400°F	10–15 minutes

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
PORK & LAMB					
 Bacon	6 strips	None	None	375°F	8–10 minutes
 Lamb chops	2 thick-cut, sirloin chops (6 oz each) 4 rib chops (4 oz each)	Bone-in Boneless	Brushed with oil	375°F 400°F	20–25 minutes 15–20 minutes
 Pork chops	2 thick-cut, bone-in chops (8 oz each) 4 boneless chops (6 oz each)	Bone-in Boneless	Brushed with oil	375°F 400°F	20–25 minutes 15–20 minutes
 Pork tenderloin	1 tenderloin (16 oz)	Cut in half	Brushed with oil	400°F	20–25 minutes
 Sausages	4 sausages	Whole	None	375°F	8–10 minutes

FROZEN FOODS					
 Chicken tenders	16 oz	None	None	400°F	15–20 minutes
 Chicken nuggets	16 oz	None	None	400°F	10–12 minutes
 Fish fillets	4 (6 oz each, unbreaded)	None	Brushed with oil	400°F	12–18 minutes
 Fish sticks	16 oz	None	None	400°F	10–12 minutes
 French fries	16 oz	None	None	400°F	20–25 minutes
 Egg rolls	16 oz	None	None	400°F	15–18 minutes
 Mozzarella sticks	16 oz	None	None	400°F	8–10 minutes
 Dumplings	16 oz	None	None	375°F	12–15 minutes
 Pizza	Personal size	None	None	375°F	10–12 minutes
 Pizza rolls	16 oz	None	None	400°F	12–15 minutes
 Shrimp	16 oz (breaded)	None	None	400°F	12–15 minutes
 Tater tots	16 oz	None	None	400°F	15–18 minutes
 Onion rings	16 oz	None	None	400°F	10–12 minutes
 Frozen vegetables	16 oz	None	1 Tbsp	400°F	10–15 minutes

Cook time will vary depending on the amount of food, thickness, and brand.
Check food for desired doneness and always ensure raw proteins reach food-safe temperature.

DEHYDRATE CHART

INGREDIENT	PREPARATION	TEMPERATURE	DEHYDRATE TIME
FRUITS & VEGETABLES			
 Apples	Core removed, cut in 1/8-inch slices	135°F	7–8 hours
 Apricot	Cut in 1/8-inch slices, pit removed	135°F	8–10 hours
 Bananas	Peeled, cut in 1/8-inch slices	135°F	8–10 hours
 Beets	Peeled, cut in 1/8-inch slices	135°F	6–8 hours
 Fresh herbs	Rinsed, patted dry, stems removed	135°F	4 hours
 Ginger root	Cut in 1/8-inch slices	135°F	6 hours
 Mangoes	Peeled, cut in 1/8-inch slices, pit removed	135°F	8–10 hours
 Mushrooms	Cut in 1/4-inch slices (wiped clean with a paper towel)	135°F	6–8 hours
 Pineapple	Peeled, cored, cut in 1/8-inch slices	135°F	8–10 hours
 Strawberries	Cut in half or in 1/8-inch slices	135°F	8–10 hours
 Tomatoes	Cut in 1/8-inch slices	135°F	6–8 hours
 Tomatoes, cherry	Cut in half	135°F	8–10 hours
MEAT, POULTRY & FISH			
 Beef	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Chicken	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Turkey	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Salmon	Cut in 1/4-inch slices, marinated overnight	150°F	5–7 hours



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