

**#DetailsMatter**



**DELICACIES  
MATTERS.**

**AIR FRYER RECIPES  
AF-52CSROUS(H)**

**TOSHIBA**









# STARTER







# SWEET POTATO FRIES

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                |        |
|----------------|--------|
| Sweet Potato   | 150g   |
| Ketchup        | 4tbsp  |
| Olive Oil      | 1tbsp  |
| Tapioca Starch | 2tsp   |
| Chili Powder   | 1/4tsp |
| Onion Powder   | 1/4tsp |

## METHOD

1. Peel the sweet potatoes and slice into 1/4-inch vertical fries shape.  
Place them in a large bowl.







# BAKED SWEET POTATOES WITH MANGO CHEESE

Cooking time: 8 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 2 Persons )

Sweet Potatoe ————— 300g  
Mango ————— 75g

Cheese ————— 10g  
Salt ————— 1/2tsp

## METHOD

1. Steam the sweet potatoes in a separate pot until done. Cut them in half and hollow out the sweet potatoes. Mash them into the mud and leave the skins. Wash the mango (1/2). Peel and pit. Stir the mango flesh to puree. Cut the cheese slices (1 slice) in half. Set aside.
2. Mix in a separate bowl: sweet potato puree, mango puree, salt (1/2 tsp). Stir well and fill back into the sweet potato skin. Cover with cheese slices. Set aside.
3. Line the air fryer basket with waxed paper. Place the sweet potatoes into the basket. Put the basket back and start cooking. Set at 150°C/8 minutes.
4. When finished, take out the sweet potatoes and serve.





# THAI STYLE FRENCH FRIES

**Cooking time: 13 minutes**

**Difficulty level:** ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

Fries \_\_\_\_\_ 180g  
Lemongrass \_\_\_\_\_ 15g  
Coriander \_\_\_\_\_ 3g  
Parmesan Cheese \_\_\_\_\_ 3g

Salt \_\_\_\_\_ 1tsp  
Red Pepper Powder \_\_\_\_\_ 1tsp  
Monterey Powder \_\_\_\_\_ 1tsp

## METHOD

1. Rinse lemongrass (15g) and coriander (3g). Chop them up. Grate Parmesan cheese (3g) and set aside.
2. Mix in a separate bowl: fries, salt (1tsp), red pepper powder (1tsp), Monterey powder (1tsp), crushed lemongrass. Set aside.
3. Place the fries into the air fryer basket. Put the basket back and start cooking. Set at 180°C/13 minutes.
4. When finished, take out the fries. Sprinkle with chopped coriander, chopped Parmesan cheese, and salt (1/2 tsp). Serve for enjoying.





# ROASTED POTATOES WITH BEEF SAUCE

Cooking time: 8 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 2 Persons )

|                |      |                     |      |
|----------------|------|---------------------|------|
| Potato         | 300g | Cajun Seasoning     | 1tsp |
| Beef           | 25g  | Turkey Powder       | 1tsp |
| Shallot        | 15g  | Red Pepper Powder   | 1tsp |
| Cheese         | 20g  | Black Pepper Powder | 1tsp |
| Frisee Lettuce | 10g  |                     |      |

## METHOD

1. Steam the potatoes until done in a separate pot. Cut them in half and hollow out the potatoes. Mash them and leave the skins on. Finely chop the beef (25g) and shallots (15g). Slice cheese (2 slices) in half. Wash frisee lettuce (10g). Set aside.
2. Mix in a separate bowl: chopped beef, chopped shallots, cajun seasoning (1tsp), Turkey powder (1tsp), red pepper (1tsp), black pepper powder (1tsp). Fill the potato skins with mashed potatoes and beef mixture. Place the cheese slices. Set aside. Plate the frisee lettuce and serve as a side dish.
3. Place the potatoes into the air fryer basket. Put the basket back and start cooking. Set at 150°C/8 minutes.
4. When finished, take out the potatoes and serve with frisee lettuce.



# GRILLED CORN WITH SALT AND CHEESE

Cooking time: 11 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                   |      |
|-------------------|------|
| Corn              | 200g |
| Salt Butter       | 20g  |
| Frisee Lettuce    | 10g  |
| Parmesan Cheese   | 3g   |
| Monterey Powder   | 2tsp |
| Red Pepper Powder | 2tsp |

## METHOD

1. Peel corn (1 root) and wash it. Grate Parmesan cheese(3g). Wash frisee lettuce (10g). Set aside.
2. Rub Monterey powder (2 tsp), red pepper powder (2 tsp), and salt butter (20g) evenly on corn. Set aside. Plate the frisee lettuce and serve as a side dish.
3. Place the corn into the air fryer basket. Put the basket back and start cooking. Set at 160°C/11 minutes.
4. When finished, take out the corn. Sprinkle the chopped Parmesan cheese and serve with frisee lettuce.





# BUFFALO CAULIFLOWER

Cooking time: 7 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                   |      |                      |        |
|-------------------|------|----------------------|--------|
| Cauliflower       | 300g | Salt                 | 1/2tsp |
| Blue Cheese Sauce | 100g | Cracked Black Pepper | 1tsp   |
| Mayonnaise        | 100g | Chili Powder         | 1tsp   |
| Cajun Seasoning   | 2tsp |                      |        |

## METHOD

1. Wash and cut the cauliflower into pieces. Set aside.
2. Mix in a separate bowl: blue cheese sauce (100g), chili powder (1tsp), cajun seasoning (2tsp), salt (1/2 tsp), black pepper powder(1tsp), mayonnaise(100g).
3. Dredge the cubed cauliflower in the mixed sauce.
4. Arrange the seasoned cauliflowers in the fryer basket. Put the basket back and start cooking. Set at 170°C/ 7 minutes.
5. Serve immediately after cooking.





# CLASSIC POPCORN CHICKEN

Cooking time: 12 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                   |       |               |        |
|-------------------|-------|---------------|--------|
| Chicken Thigh     | 200g  | Oil           | 1tsp   |
| Whipping Cream    | 40g   | Sliced Ginger | 4g     |
| Bread Crumbs      | 40g   | Chili Powder  | 1/2tsp |
| All-purpose Flour | 30g   | Sugar         | 1/4tsp |
| Sriracha Sauce    | 2tbsp | Salt          | 1/4tsp |
| Mayonnaise        | 1tbsp | Onion Powder  | 1/4tsp |
| Garlic            | 5g    | Oregano       | 1/4tsp |

## METHOD

1.

Debone the chicken thighs with skin-on. Cut into bite sizes.
2.

Grate ginger (4g) and garlic (5g) into the chicken bowl. Mix in the chicken bowl: chili powder (1/2 tsp), sugar (1/4 tsp), salt (1/4 tsp), onion powder (1/4 tsp), oregano (1/4 tsp). Toss well and marinate for 2 hours.
3.

Pour Sriracha sauce (2 tbsp) into a dish. And pour mayonnaise (1 tbsp) into a separate dish. Set aside as dips.
4.

Pour whipping cream (40g) into a bowl. And pour breadcrumbs (40g) into a separate bowl.
5.

Add all-purpose flour (30g) in the marinated chicken, toss well.
6.

Dunk chicken cubes in cream, then in bread crumb, and shake off excess flour.
7.

Place the chicken cubes into the air fryer basket and lay flat. Brush with oil (5g). Put the basket back and start cooking. Set at 190°C/12 minutes.
8.

Serve with dips immediately.





# KARA-AGE (JAPANESE FRIED CHICKEN)

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|               |       |            |        |
|---------------|-------|------------|--------|
| Chicken Thigh | 400g  | Soy Sauce  | 2tsp   |
| Cabbage       | 100g  | Mirin      | 2tsp   |
| Mayonnaise    | 2tbsp | Ginger     | 10g    |
| Potato Starch | 4tbsp | Garlic     | 10g    |
| Cake Flour    | 2tbsp | Sesame Oil | 1tsp   |
| Sake          | 1tbsp | Salt       | 1/4tsp |

## METHOD

1. Debone the chicken thighs with skin-on. Cut into 3~4cm bite sizes.
2. Grate and mix the ginger (10g) and garlic (10g).
3. Core and shred the cabbage, and set aside. Pour mayonnaise (2 tbsp) into a shallow dish as side dishes.
4. Mix in a separate bowl: chicken pieces, grated ginger and garlic, sake (1 tbsp), mirin (2 tsp), salt (1/4 tsp), soy sauce (2 tsp), sesame oil (1 tsp). Toss well and marinate for 30 minutes.
5. Mix in a shallow dish: cake flour (2 tbsp), potato starch (4 tbsp). Coat the chicken in the mixture, ensuring all pieces are well coated.
6. Shake off any excess flour. Place the chicken pieces into the air fryer basket and lay flat. Put the basket back and start cooking. Set at 180°C/13 minutes.
7. Serve with side dishes immediately.





# KOREAN STYLE FRIED CHICKEN

Cooking time: 16 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 2 Persons )

|                   |       |                     |        |
|-------------------|-------|---------------------|--------|
| Chicken Wing      | 250g  | Oil                 | 1tsp   |
| Gochujang Paste   | 3tbsp | Chili Powder        | 1tsp   |
| Honey             | 2tbsp | Salt                | 1/4tsp |
| Mirin             | 2tbsp | Sesame Seeds        | 2g     |
| Unsalted Butter   | 25g   | Ground Black Pepper | 1/4tsp |
| Rice Vinegar      | 1tbsp | Ginger Powder       | 1/4tsp |
| Soy Sauce         | 4tsp  | Onion Powder        | 1/4tsp |
| All-purpose Flour | 10g   | Garlic Powder       | 1/4tsp |
| Potato Starch     | 1tbsp |                     |        |

## METHOD

1. Pat chicken wings dry. Mix in a bowl with the chicken wings: garlic powder (1/4 tsp), onion powder (1/4 tsp), ginger powder (1/4 tsp), chili powder (1 tsp), ground black pepper (1/4 tsp), salt (1/4 tsp). Toss and coat well, and marinate for 15 minutes.
2. Add in a saucepan: unsalted butter (25g), gochujang paste (3 tbsp), honey (2 tbsp), soy sauce (4 tsp), mirin (2 tbsp), rice vinegar (1 tbsp). Simmer on low heat for 3~5 minutes, until the sauce thickens. Set aside.
3. Add in the chicken wings bowl: potato starch (1 tbsp), all-purpose flour (10g). Toss and coat all side well.
4. Shake off any excess flour. Brush the air fryer basket with oil (1 tsp). Place the chicken wings into the air fryer basket and lay flat. Put the basket back and start cooking. Set at 195°C/16 minutes.
5. When finished, transfer them into a saucepan and toss well with the sauce. Serve immediately with garnished sesame seeds.



Cooking time: 15 minutes  
Difficulty level: ★☆☆☆☆

INGREDIENTS ( 4 Persons )

|                          |       |                  |        |
|--------------------------|-------|------------------|--------|
| Chicken Wing             | 300g  | Lemongrass       | 10g    |
| Sweetened Condensed Milk | 45g   | Fish Sauce       | 2tsp   |
| All-purpos Flour         | 30g   | Potato Starch    | 1tbsp  |
| Sriracha Sauce           | 2tbsp | White Peppercorn | 1tsp   |
| Oil                      | 1tbsp | Chilli Flakes    | 1tsp   |
| Garlic                   | 10g   | Salt             | 1/4tsp |
| Thai Red Chilie          | 10g   |                  |        |

METHOD

1. Mash 10g (2 cloves) of garlic, roughly ground 1 tsp of white peppercorns, slice 10g (2 pieces) of Thai red chilies, finely chop 10g of lemongrass, combine into a small bowl as a mixed marinade.

2. Pat dry the chicken wings. Transfer to a large mixing bowl with mixed marinade, sweetened condensed milk (45g), fish sauce (2 tsp), salt (1/4 tsp), chili flakes (1 tsp). Toss well and rub the marinade into the chicken. Marinate for 30 minutes at room temperature.
3. Mix in a shallow dish: potato starch (1 tbsp), all-purpose flour (30g). Toss the chicken wings in the flour mixture, ensuring both sides are well coated.

4. Brush air fryer basket with oil (1 tbsp). Shake off any excess flour. Arrange the chicken wings into the air fryer basket and lay flat. Brush the chicken wings with the remaining oil. Put the basket back and start cooking. Set at 190°C/15 minutes.

5. When finished, transfer to a serving plate and sprinkle with Thai chili slices (optional). Serve with Sriracha sauce (2 tbsp) immediately.



# CRUNCHY CHICKEN LOLLIPOP

Cooking time: 17 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 4 Persons )

|                        |       |                     |        |
|------------------------|-------|---------------------|--------|
| Chicken Mini-drumstick | 350g  | Baking Powder       | 1/2tsp |
| All-purpose Flour      | 60g   | Chili Powder        | 1tsp   |
| Water                  | 35mL  | Salt                | 3/4tsp |
| Sriracha Sauce         | 2tbsp | Ground Black Pepper | 1/4tsp |
| Egg                    | 25g   | Oregano             | 1/4tsp |
| Tapioca Starch         | 2tbsp | Ginger Powder       | 1/4tsp |
| Oil                    | 1tbsp |                     |        |

## METHOD

1. Pat dry the chicken mini-drumsticks. Cut around the drumstick joint and cut the side. Hold the joint and scrape the meat away from the bone. Finally, turn meat inside-out to the bottom and form a lollipop shape. Add into a bowl with salt 1/4 tsp), toss and coat. Marinate for 15 minutes.
2. Mix well in the first bowl: salt (1/2 tsp), all-purpose flour (40g), tapioca starch (2 tbsp), baking powder (1/2 tsp), ground black pepper (1/4 tsp), chili powder (1 tsp), oregano (1/4 tsp), ginger powder (1/4 tsp). Mix well in the second bowl: all-purpose flour (20g), beaten egg wash (25g), water (35mL).
3. Dip the chicken mini-drumsticks in the flour mixture, then in the wet mixture. Ensure all mini-Drumsticks are well coated.
4. Brush the air fryer basket with oil (1 tbsp). Shake off any excess flour. Place the drumsticks into the air fryer basket and lay flat. Brush with the remaining oil. Put the basket back and start cooking. Set at 200°C/17 minutes.
5. Serve with Sriracha sauce (2 tbsp) immediately.





# GARLIC AND PARM SHRIMP FRIES

Cooking time: 11 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 4 Persons )

|                        |       |                     |         |
|------------------------|-------|---------------------|---------|
| Shrimp(Peeled,tail-on) | 300g  | Oil                 | 1tsp    |
| Egg                    | 50g   | Cajun Seasoning     | 1/2tbsp |
| Grated Parmesan Cheese | 35g   | Garlic Powder       | 1/2tsp  |
| Breadcrumbs            | 35g   | Salt                | 1/4tsp  |
| Mayonnaise             | 2tbsp | Ground Black Pepper | 1/2tsp  |
| All-purpose Flour      | 15g   |                     |         |

## METHOD

1. Peel and devein the tail-on shrimps. Pat them dry.
2. Mix in the first bowl: all-purpose flour (15g), cajun seasoning (1/2 tbsp), garlic powder (1/2 tsp). Whisk well an egg in the second bowl.Mix in the third bowl: breadcrumbs (35g), parmesan cheese (35g), salt (1/4 tsp), ground black pepper (1/2 tsp).
3. Dip shrimp in the flour mixture, then in the egg wash, final in the breadcrumbs mixture. Shake off any excess flour. Set aside.
4. Brush the air fryer basket with oil (5g). Place the shrimps into the air fryer basket and lay flat. Put the basket back and start cooking. Set at 200°C/11 minutes.
5. Serve with mayonnaise (2 tbsp) immediately.







# BACON WRAPPED ASPARAGUS

**Cooking time: 9 minutes**

**Difficulty level:** ★★☆☆☆

## INGREDIENTS ( 4 Persons )

Thick Asparagus Spear — 160g

Thin Sliced Bacon — 200g

Ground Black Pepper — 1/2tsp

## METHOD

1. Wash the asparagus (8 spears) and drain. Trim the ends to maintain the 12cm length of each asparagus.
2. Prepare thinly sliced bacon (8 slices). Wrap each slice of bacon tightly around an asparagus stalk. Start from the end to the tip of each asparagus, ensuring wrapped up the slightly overlapping previous wrap.
3. Place the wrapped asparagus into the air fryer basket and lay flat. Put the basket back and start cooking. Set at 195°C/9 minutes.
4. When finished, season with ground black pepper (1/2 tsp) and serve immediately.





# BACON WRAPPED SCALLOPS

Cooking time: 7 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 1 Person )

|                       |      |                     |      |
|-----------------------|------|---------------------|------|
| Scallop               | 400g | Parmesan Cheese     | 3g   |
| Bacon                 | 100g | Cajun Seasoning     | 1tsp |
| Red Cherry Tomatoe    | 20g  | Red Pepper Powder   | 1tsp |
| Yellow Cherry Tomatoe | 20g  | Monterrey Powder    | 1tsp |
| Frisee Lettuce        | 10g  | Black Pepper Powder | 1tsp |
| Garlic                | 10g  |                     |      |

## METHOD

1. Blanch scallops (4) in a separate pot and take out. Wash and drain. Peel and mince garlic (10g). Grate Parmesan cheese (3g). Wash frisee lettuce (10g), red and yellow cherry tomatoes (1 for each). Set aside.
2. Spread bacon (4 slices) in a single layer. Evenly sprinkle with garlic cloves, cajun seasoning(1tsp), red pepper powder(1tsp), Monterrey powder(1tsp), black pepper powder(1tsp). Add scallops and roll in with sticks. Set aside. Put frisee lettuce, red and yellow cherry tomatoes on a plate and serve as garnish.
3. Place the ingredients into the air fryer basket. Put the basket back and start cooking. Set at 160°C/7 minutes.
4. When finished, take out the bacon rolls. Sprinkle the chopped Parmesan cheese. Serve with frisee lettuce, red and yellow cherry tomatoes.





# BACON WRAPPED ARMADILLO EGGS

Cooking time: 20 minutes  
Difficulty level: ★★★☆☆

## INGREDIENTS ( 5 Persons )

|                         |      |                     |         |
|-------------------------|------|---------------------|---------|
| Minced Pork             | 300g | Brown Sugar         | 1/2tbsp |
| Slices Bacon, Thick-cut | 250g | Garlic              | 5g      |
| Jalapeno Pepper         | 175g | Salt                | 1/2tsp  |
| Cream Cheese            | 60g  | Onion Powder        | 1/4tsp  |
| Cheddar Cheese          | 20g  | Ground Black Pepper | 1/4tsp  |







# PARMESAN TOAST WITH BACON

Cooking time: 4 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 1 Person )

|                  |      |                          |       |
|------------------|------|--------------------------|-------|
| Baguette         | 150g | Thousand Island Dressing | 1tbsp |
| Tomatoe          | 30g  | Mustard Sauce            | 1tbsp |
| Lettuce          | 30g  | Salt Butter              | 10g   |
| Red Leaf Lettuce | 30g  | Cheese                   | 10g   |
| Beef Ham         | 20g  |                          |       |







# CHINESE PORK JERKY

Cooking time: 11 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 3 Persons )

|                      |       |        |
|----------------------|-------|--------|
| Minced Pork          | _____ | 100g   |
| Sugar                | _____ | 18g    |
| Honey                | _____ | 1tsp   |
| Chinese Cooking Wine | _____ | 1tsp   |
| Oyster Sauce         | _____ | 1tsp   |
| Sesame Seeds         | _____ | 4g     |
| Soy Sauce            | _____ | 1/2tsp |
| White Pepper Powder  | _____ | 1 4tsp |

## METHOD

1. Mix in a separate bowl: minced pork, sugar (18g) Chinese cooking wine (1 tsp), oyster sauce (1 tsp), soy sauce (1/2 tsp), white pepper powder (1/4 tsp), honey (1 tsp). Mix in a clockwise direction until the meat becomes gluey. Marinate for 20 minutes at room temperature.
2. Cut 2 baking papers to fit into the air fryer basket. Spread half marinated meat thinly onto one round of baking paper with your fingers. Sprinkle sesame seeds (1g). Place into the air fryer basket. Put back and start cooking at 185°C/in 6 minutes.
3. Place into the air fryer basket. Put the basket back and start cooking. Set at 185°C/ 6 minutes.
4. Put out the basket and flip jerky to another side. Sprinkle sesame seeds (1g). Put the basket back and start cooking. Set at 185°C/5 minutes.
5. When finished, cut into pieces after cooling. Serve immediately.



# MAIN COURSE





# PEPPERONI PIZZA

Cooking time: 6 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                                 |       |
|---------------------------------|-------|
| Pre-packaged 7-inch Pizza Crust | 120g  |
| Shredded Mozzarella Cheese      | 75g   |
| Pizza Sauce                     | 3tbsp |
| Sliced Pepperoni                | 40g   |
| Grated Parmesan Cheese          | 10g   |
| Olive Oil                       | 1tsp  |

## METHOD

1. Brush the pre-packaged 7-inch pizza crust ( 1 piece) with olive oil (2 tsp) on both sides.
2. Transfer pizza crust into the air fryer basket spread pizza sauce (3 tbsp) evenly over crust. Top evenly with shredded mozzarella cheese (60g) and pepperoni slices (40g) sprinkle evenly with grated Parmesan cheese. Put the basket back and start cooking. Set at 190°C/6 minutes.
3. Cut into slices. Serve immediately.





# MARGHERITA PIZZA

ooking time: 8 minutes  
ifficulty level: ★☆☆☆☆

## INGREDIENTS ( 1 Person )

|                                      |       |
|--------------------------------------|-------|
| Pre-packaged 7-inch Thin Pizza Crust | 80g   |
| Pizza Sauce                          | 2tbsp |
| Buffalo Mozzarella                   | 50g   |
| Fresh Basil                          | 10g   |
| Grated Parmesan Cheese               | 10g   |
| Olive Oil                            | 2tsp  |

## METHOD

Tear the buffalo mozzarella(50g) into small pieces. Chop the freshba sil (10g). Brush a pre-packaged thin pizza crust (7-inch) with olive oil (1 tsp) on both sides.

Brush the air fryer basket with oil (1 tsp) and put the pizza crust into the air fryer basket. Spread pizza sauce (2 tbsp) evenly over crust. Add mozzarella pieces over the sauce, sprinkle chopped basil (8g), and grated fresh Parmesan cheese over. Put the basket back and start cooking. Set at 200°C/ 8 minutes.

When finished, take the pizza out of the basket. Add fresh basil leaves on top. Slice it into several piece and serve immediately.





# CHORIZO BLUE CHEESE PIZZA

Cooking time: 7 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                                 |       |
|---------------------------------|-------|
| Pre-packaged 7-inch Pizza Crust | 120g  |
| Frozen Spanish Chorizo          | 75g   |
| Shredded Mozzarella Cheese      | 70g   |
| Blue Cheese                     | 30g   |
| Pizza Sauce                     | 3tbsp |
| Grated Parmesan Cheese          | 10g   |
| Caper                           | 10g   |
| Olive Oil                       | 2tsp  |

## METHOD

1. Remove Spanish Chorizo sausage casing Pull it apart into small chunks. Brush a pre-packaged 7-inch pizza crust (120g) with olive oil (2 tsp) on both sides.
2. Put the pizza crust into the air fryer basket spread pizza sauce (3 tbsp evenly over the crust. Top evenly with shredded mozzarella cheese (5 Chorizo chunks, blue cheese small chunks (30g), capers (10g), sprinkl on top with shredded mozzar





# SPINACH AND MIXED GREEN PEAS QUICHE

**Cooking time: 16 minutes**

**Difficulty level:** ★★☆☆☆

## METHOD

1. Thaw a pre-made 7-inch pie shell (1 piece) for about 5 minutes until it gets soft. Wash and slice the button mushroom. Mince red onion (1/2). Stem the spinach and put the leaves into a large bowl. Add hot water (300mL) for a few minutes, then drain and squeeze the spinach to remove the extra moisture. Slice the drained spinach into several parts.
2. Put the pie shell into a 6-inch pie pan. Press the pastry evenly onto the bottom and up the sides of your pan. Trim off the excess pastry off the top of the pie shell. Pierce the bottom of the crust with a fork. Put it in the refrigerator and freeze for 15 minutes.
3. Melt unsalted butter (10g) in a skillet on medium-low heat. Add chopped onions and sauté for 2-3 minutes, until tender and slightly translucent. Add the button mushroom and continue cooking until mushrooms shrink in half size. Add the spinach and stir to combine the onions and mushroom. Set aside.
4. Crush an egg finely with a fork. Fully mix the ricotta cheese and crushed egg together. Mix the whipping cream (50g), shredded Cheddar cheese (15g), Parmesan cheese (15g), salt (1/4 tsp), and ground black pepper (1/4 tsp).
5. Place frozen pie shell into the air fryer basket. Spread the spinach mushroom mixture evenly over the bottom, and pour the egg cheeses mixture on top. Put the basket back and start cooking. Set at 70°C/16 minutes.
6. When finished, place it on cooling rack and cool for at least 15 minutes before slicing. Serve immediately.







# GRILLED DUMPLINGS TOM YUM STYLE

Cooking time: 9 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

|                  |       |                |       |
|------------------|-------|----------------|-------|
| Dumplings        | 180g  | Lemongrass     | 15g   |
| Tom Yum Paste    | 2tbsp | Frisee Lettuce | 10g   |
| Red Leaf Lettuce | 30g   | Spring Onion   | 10g   |
| Shallot          | 20g   | Oil            | 1tbsp |

## METHOD

1. Wash and chop lemongrass (15g), spring onion (1 piece) and shallots (20g). Wash red leaf lettuce (30g) and frisee lettuce (10g). Set aside.
2. Add in a separate bowl: fried dumplings, lemongrass, chopped shallots, chopped spring onion, Tom yam paste (2 tbsp). Daub evenly to fried dumplings for later. Put the red leaf lettuce and frisee lettuce on a plate. Serve as a side dish.
3. Put the dumplings into the air fryer basket. Drizzle with cooking oil (1 tbsp). Put the basket back and start cooking. Set at 160°C/9 minutes.
4. When finished, take out the dumplings. Serve with red leaf lettuce and frisee lettuce.







Cooking time: 16 minutes  
Difficulty level: ★☆☆☆☆

## METHOD

- 1.
- 2.



# WELLINGTON FILLET

Cooking time: 15 minutes  
Difficulty level: ★★☆☆☆



## INGREDIENTS ( 2 Persons )

|                 |      |                       |        |
|-----------------|------|-----------------------|--------|
| Beef Tenderloin | 200g | Egg                   | 100g   |
| Puff Pastry     | 120g | English Mustard       | 20g    |
| Mushroom        | 200g | Salt                  | 1/2tsp |
| Air-dried Ham   | 50g  | Cajun Seasoning       | 1tsp   |
| Butter          | 30g  | Scracked Black Pepper | 2tsp   |

## METHOD

1. Saute the beef tenderloin in a skillet over medium heat until lightly browned. Marinate the beef with salt (1/2 tsp), black pepper (2 tsp), cajun seasoning (1 tsp), English mustard (20g), and butter (10g) evenly on top of the fried beef tenderloin.
2. Chop mushrooms and saute with butter (20g) in a skillet over medium heat to dry the water.
3. Place the beef tenderloin on the unfolded plastic wrap and put the air-dried ham on top of it, smear with chopped mushrooms. Roll up all the ingredients along the plastic wrap and freeze it for 30 minutes to set.
4. Remove the plastic wrap. Place chilled tenderloin (2 pieces) on puff pastry and roll it up. Use another puff pastry (1 piece) covers the rolled tenderloin with streaks pulled out by a stretcher knife.
5. Remove the egg yolk of 2 eggs. Whisk well the egg yolk in a separate bowl. Spread the egg yolk mixture evenly over the pastry-coated beef tenderloin.
6. Put the beef tenderloin into the air fryer basket. Put the basket back and start cooking. Set at 180 °C/15 minutes.
7. When finished, remove the beef tenderloin and enjoy.



# GRILLED BEEF RIBS WITH WHITE WINE

Cooking time: 9 minutes

Difficulty level: ★★☆☆☆



## INGREDIENTS ( 2 Persons )

|                       |      |
|-----------------------|------|
| Beef Rib              | 150g |
| White Wine            | 30mL |
| Salt Butter           | 30g  |
| Shallot               | 30g  |
| Red Leaf Lettuce      | 30g  |
| Red Cherry Tomatoe    | 20g  |
| Yellow Cherry Tomatoe | 20g  |
| Rosemary              | 5g   |
| Monterey Powder       | 2tsp |

## METHOD

1. Wash and chop shallots (30g). Wash red leaf lettuce (30g). Wash red and yellow cherry tomatoes (20g for each). Halve and slice into petals. Wipe beef ribs and dry with paper.
2. Add in a separate bowl: the bones, chopped shallots, rosemary leaves (5g), Monterey powder (2tsp), and white wine (30mL) in turn. Smear well and massage the bones. Marinate for 20 minutes. Serve red leaf lettuce, red and yellow cherry tomatoes as garnish. Set aside.
3. Line the air fryer basket with waxed paper. Rub salt butter (30g) on the waxed paper. Place it in a bowl to marinate the beef bones. Put the basket back and start cooking. Set at 160°C/ 9 minutes.
4. When finished, take out the beef ribs. Serve with red leaf lettuce, red and yellow cherry tomatoes.



# LAMB RACKS

Cooking time: 12 minutes

Difficulty level: ★★☆☆☆



## METHOD

1. Dry the surface blood of the lamb rack. Cut lemongrass (15g) into sections and pat finely. Wash and chop the shallots (25g). Wash shallots (25g) and halve them into wedges. Wash the red leaf lettuce(30g), red and yellow cherry tomatoes (20g for each). Cut them in half. Set aside.
2. Add in a separate bowl: the lamb rack, lemongrass, chopped shallot, chopped shallot dice, Monterey powder (1tsp), Turkey powder (1tsp), red pepper (1tsp)powder. Smear evenly and marinate for 15 minutes, set aside. Serve red leaf lettuce, red and yellow cherry tomatoes as a garnish, set aside.
3. Line the air fryer basket with waxed paper. Place in the marinated rack. Smear mustard (1 tsp) and salt (30g) butter on the rack, sprinkle rosemary leaves (3g). Put the basket back and start cooking. Set at 200°C/12 minutes.
4. When finished, take out the rack. Serve with red leaf lettuce, red and yellow cherry tomatoes.



# GRILLED LAMB CHOPS WITH SPANISH SAUCE

Cooking time: 8 minutes

Difficulty level: ★★☆☆☆



|                       | mL   |
|-----------------------|------|
| Red Cherry Tomatoe    | 20g  |
| Yellow Cherry Tomatoe | 20g  |
| Lemongrass            | 15g  |
| Frisee Lettuce        | 10g  |
| Red Pepper Powder     | 2tsp |
| Turkey Powder         | 1tsp |

## METHOD

1. Wash and chop shallots (30g) and lemongrass (15g). Wash frisee lettuce (10g), red and yellow cherry tomatoes (20g). Dry lamb chops with paper and set aside.
2. Add in a separate bowl: a leg of lamb, chopped shallots, chopped lemongrass, yellow lemon juice (30mL), red pepper powder (2 tsp), Turkey powder (1 tsp). Evenly smear the leg of lamb and let stand for 20 minutes. Put frisee lettuce, red and yellow cherry tomatoes on a plate and serve as garnish.
3. Line the air fryer basket with waxed paper. Rub butter (30g) onto the waxed paper. Place the lamb chops into the basket. Put the basket back and start cooking. Set at 180°C/8 minutes.
4. When finished, take out the lamb chops. Serve with frisee lettuce, red and yellow cherry tomatoes.







|                       |      |
|-----------------------|------|
| Yellow Cherry Tomatoe | 20g  |
| Broccoli              | 20g  |
| Rosemary              | 5g   |
| Monterey Powder       | 2tsp |
| Red Pepper Powder     | 2tsp |

## METHOD

1. Wipe off the surface of blood and water. Mince the oil-packed tomatoes (25g). Cut red and yellow cherry tomatoes (20g for each) in half into petals. Break and wash broccoli (20g). Set aside.
2. Add in a separate bowl: the short beef ribs, minced tomatoes, red pepper powder (2 tsp), Monterey powder (2 tsp). Smear all the ingredients on short beef ribs and marinate for 30 minutes. Serve red and yellow cherry tomatoes as garnish and set aside.
3. Line the air fryer basket with waxed paper. Rub salt butter (30g) on the waxed paper. Then add the marinated short beef ribs, broccoli, and rosemary leaves (5g) on the short beef ribs. Put the basket back and start cooking. Set at 180°C/8 minutes.
4. When finished, take out the short beef ribs and serve with red and yellow cherry tomatoes.





# KOREAN GRILLED PORK BELLY

Cooking time: 14 minutes

Difficulty level: ★★☆☆☆

## METHOD

1. Peel the pork belly, slice it around 1cm thick. Mix the pork belly slices with salt (1/2 tsp) and toss well.
2. Cut the Korean Kimchi into long pieces, as a side dish.
3. Place the belly slices on one layer into the air fryer basket. Put the basket back and start cooking. Set 170°C/ 14 minutes.
4. Serve with Kimchi immediately.





# SALTY PEPPERY CHICKEN THIGHS

Cooking time: 25 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 2 Persons )

|                       |       |                      |        |
|-----------------------|-------|----------------------|--------|
| Born-in Chicken Thigh | 400g  | Chinese Cooking Wine |        |
| Tapioca Starch        | 3tbsp | Five Spice Powder    |        |
| Soy Sauce             | 2tsp  | Garlic Powder        |        |
| Oil                   | 2tsp  | White Pepper Powder  | 1/2tsp |
| Potato Starch         | 1tbsp | Sugar                | 1/2tsp |
| Salt                  | 1tsp  |                      |        |

## METHOD

- 
- 
- 
- the chicken thighs. Put the basket back, start cooking.Set at 190°C/25 minutes.
- Serve it with dipping spice and enjoy it.



# MEXICAN FISH TACOS WITH FRESH VEGETABLES

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 3 Persons )

|                     |      |                        |      |
|---------------------|------|------------------------|------|
| Basa Fillet Fish    | 300g | Black Olive            | 20g  |
| Egg                 | 200g | Mexican Tortilla Crust | 55g  |
| Tomatoe             | 150g | Whole Wheat Flour      | 50g  |
| Lettuce             | 50g  | Cheese Sauce           | 50g  |
| Red Round Pepper    | 100g | Pickled Jalapeno       | 20g  |
| Yellow Round Pepper | 100g | Cracked Black Pepper   | 3tsp |
| Mayonnaise          | 100g | Salt                   | 1tsp |
| Breadcrumbs         | 100g | Cajun Seasoning        | 2tsp |

## METHOD

1. Whisk well eggs (4) in a separate bowl. Dice the tomatoes, red round peppers, yellow round peppers, black olives. Shred the lettuce. Set aside.
2. Mix well in a separate bowl: diced tomatoes, red round pepper, yellow round pepper, diced black olives, and pickled Jalapeno. Put mayonnaise (100g), salt (1/2 tsp), crushed black pepper (1 tsp), cajun seasoning (2 tsp) into the same bowl. Cut the basa fish into small pieces. Add the fish pieces into a separate bowl. Mix well in the bowl with fish pieces: crushed black pepper (2 tsp), salt (1/2 tsp). Leave to marinate for 15 minutes.
3. Put whole wheat flour (50g), egg wash and breadcrumbs (100g) into 3 seperate bowls. Coat the fish pieces evenly with the above ingredients in turn.
4. Arrange tortilla crusts side by side in the fryer basket.Put the basket back and start cooking. Set at 160°C/ 3 minutes. When finished, remove the crusts and set aside.
5. Lay a flat layer of basa fillets in the frying basket. Avoid overlapping. Place the basket back and start cooking. Set at 180°C/10 minutes.
6. When finished, place the fish fillets onto the tortilla crusts, sprinkle with shredded lettuce, drizzled with cheese sauce (50g).







# SHANGHAI STYLE FRIED FISH

Cooking time: 28 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 4 Persons )

|                      |       |
|----------------------|-------|
| Chinese Pomfret      | 350g  |
| Water                | 120g  |
| Oil                  | 4tbsp |
| Sugar                | 4tbsp |
| Chinese Cooking Wine | 3tbsp |
| Soy Sauce            | 55mL  |

|                           |        |
|---------------------------|--------|
| Ginger                    | 20g    |
| Scallion                  | 20mL   |
| Chinese Five Spice Powder | 1tbsp  |
| White Pepper Powder       | 1/2tsp |
| Salt                      | 1/4tsp |

## METHOD

1. Clean and pat dry Chinese pomfret. Cut it into about ¾-inch (2cm) thick. Marinate the fish cube with salt (1/4 tsp), white pepper powder ( 1/2 tsp), ginger (3 slices), Chinese cooking wine (1 tbsp), soy sauce (2 tsp), toss to coat. Put it back in the refrigerator for 2 hours.
2. Mix in a separate pot: water (120mL), soy sauce (2 tbsp), Chinese cooking wine(3 tbsp), Chinese five-spice powder (3 tbsp), sugar (4 tbsp), ginger ( 7 slices ), scallions(2 roots). Simmer it with a low flame for 10 minutes until the sauce gets thick. Filter it and let the sauce cool down. Set aside.
3. Pat dry the marinated fish. Dunk them in to a bowl with oil (4 tbsp) ensure all sides are well coated.
4. Place all fish pieces on one layer in the air fryer basket and try not to overlap the ingredient.Put the air fryer basket back and start cooking. Set at 200°C/28 minutes.
5. When finished, put the fried fish pieces in the sauce in 1~2 minutes. Serve immediately.





# VIETNAMESE FRIED FISH FILLETS

Cooking time: 9 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 PERSONS )

|                  |      |                 |       |
|------------------|------|-----------------|-------|
| Fish Fillet      | 200g | Alpinia Galanga | 10g   |
| Egg              | 100g | Frisee Lettuce  | 10g   |
| Low-gluten Flour | 80g  | Oil             | 1tbsp |
| Bread Crumbs     | 80g  | Ketchup         | 1tbsp |
| Shallot          | 20g  | Monterey Powder | 2tsp  |
| Lemongrass       | 15g  |                 |       |

## METHOD

1. Wash lemongrass (15g), shallots (20g) and Alpiniagalanga (10g). Chop them up in 3 separate bowls. Put beat eggs (100g), low-gluten flour (80g) and bread bran (80g) into each bowl. Wash frisee lettuce (10g). Prepare fish fillet (1 piece) with paper dry water reserve.
2. In a separate bowl, add fish fillet, lemongrass, Alpiniagalanga, shallots and Monterey powder (2 tsp) in turn. Smear evenly on the fillet and set aside. Plate the frisee lettuce for a side dish. In a separate bowl, pour tomato sauce (1tsp) into the sauce. Set aside.
3. Take out from the fry basket. Place the Longley fish evenly coated with low-gluten flour, egg and breadcrumbs. Drizzle with oil (1tbsp). Put it back in the basket and start cooking. Set at 160°C/9 minutes.
4. When finished, take out the fish fillet. Serve with frisee lettuce and tomato sauce.





# AIR FRIED BUTTER LEMON COD

Cooking time: 5 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 3 Persons )

|                            |      |                     |        |
|----------------------------|------|---------------------|--------|
| Cod Fillet                 | 300g | Shallot             | 10g    |
| Fresh Squeezed Lemon Juice | 60ml | Salt                | 1/2tsp |
| Unsalted Butter            | 50g  | Parsley             | 2g     |
| Lemon Slices               | 30g  | Ground Black Pepper | 1/4tsp |

## METHOD

1. Pat dry the cod fillets. Chop finely parsley (2g ) and shallots (10g), set aside. Mix salt (1/4 tsp), ground black pepper(1/4 tsp) in a bowl as seasonings for cod fillets. Melt unsalted butter (25g).
2. Marinate the cod fillets on both sides with seasonings.
3. Brush the air fryer basket with melted butter (5g). Place the marinated cod on one layer into air fryer basket. Brush cod fillets on both sides with melted butter (20g). Put the basket back and start cooking. Set at 190°C/ 5 minutes.
4. When finished, carefully remove and transfer cod fillets to the serving plate.
5. Add freshly squeezed lemon juice (60ml), chopped shallots, salt( 1/4 tsp), in a skillet. Heat it for about 1-2 minutes with the medium-low flam. When the amount of the mixture comes down to half. Add unsalted butter to slowly incorporate until the sauce gets thick. Finish with a sprinkle of parsley.
6. Pour sauce over the cod fillets. Garnish with lemon (1 slice). Serve immediately.





## METHOD

1. Clean prawns, do not devein the prawns, insert sticks from the tail. Wash shallots and mushrooms. Chop lemongrass (15g) into pieces. Clean and slice fresh mushroom, frisee lettuce, and cherry tomatoes (20g for each). Set aside.
2. Add in a separate bowl: the prawns, Turkey powder (1tsp), cajun seasoning (1tsp), M... lemongrass, and shallots in turn. Marinate for 10 minutes. Set aside. Put nine sprout... tomatoes on a plate and serve as garnish. Set aside.







# KUNG PAO SHRIMPS

Cooking time: 8 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 2 Persons )

|                       |        |
|-----------------------|--------|
| Peeled,tail-on Shrimp | 175g   |
| Cashew Nut            | 100g   |
| Leek                  | 50g    |
| Chinese Cooking Wine  | 2tbsp  |
| Oil                   | 2tbsp  |
| Chinkiang Vinegar     | 4tsp   |
| Soy Sauce             | 1tbsp  |
| Potato Starch         | 2tbsp  |
| Sugar                 | 2tsp   |
| Garlic                | 5g     |
| Ginger                | 4g     |
| Dried Chillies        | 3g     |
| Salt                  | 1/4tsp |
| Sichuan Peppercorn    | 1/2tsp |
| White Pepper Powder   | 1/4tsp |

## METHOD

1.

Thaw the peeled, tail-on shrimps.Pat and dry the shrimps, Toss the shrimps well with salt (1/4 tsp), white pepper powder (1/4 tsp). Marinate for 5 minutes.
2.

Slice the garlic (1 clove), ginger (2 slices). Chop the leek (50g), dried chillies (3g) into small pieces. Add the Sichuan peppercorns (1/2 tsp) in as the spices ingredients. Set aside.
3.

Prepare the Kung Pao sauce by mixing soy sauce (1 tbsp), ChinKiang vinegar (4 tsp), sugar (2 tsp), Chinese cooking wine (2 tbsp) in a small bowl. Stir well until sugar melted and set aside. Pour potato starch (2 tbsp) into a bowl for coating.
4.

Brush the air fryer basket with oil (2 tbsp). Toss the shrimps in potato starch and shake off excess. Place the shrimps and cashew nuts (100g) on one layer into the air fryer basket and brush them with oil. Put the basket back and start cooking. Set at 200°C/8 minutes.
5.

When finished, take the fried shrimp and cashew nuts out out. Set aside.
6.

Add the remaining oil, spices ingredients into a saucepan. Stir fry on medium heat until the aroma comes out. Add cooked shrimps and cashew nuts into the saucepan and toss well. Put the Kung Pao sauce in and give it a good mix. Serve immediately.



**DESSERT**





# CINNAMON ROLLS

Cooking time: 20 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 4 Persons )

- High Gluten Flour 260g
- Milk 100mL
- Egg 100g
- Yeast 60g
- Sugar 30g
- Salt 50g
- Cinnamon 10g
- Baking powder 1/2tsp
- Vanilla 1tsp
- Butter 10g

1. In a large bowl, mix yeast (1 tsp), sugar (30g), salt (1/2 tsp). Toss well. Then add milk (100mL) and high gluten flour (260g). Knead the dough. Let it rise for 30 minutes.

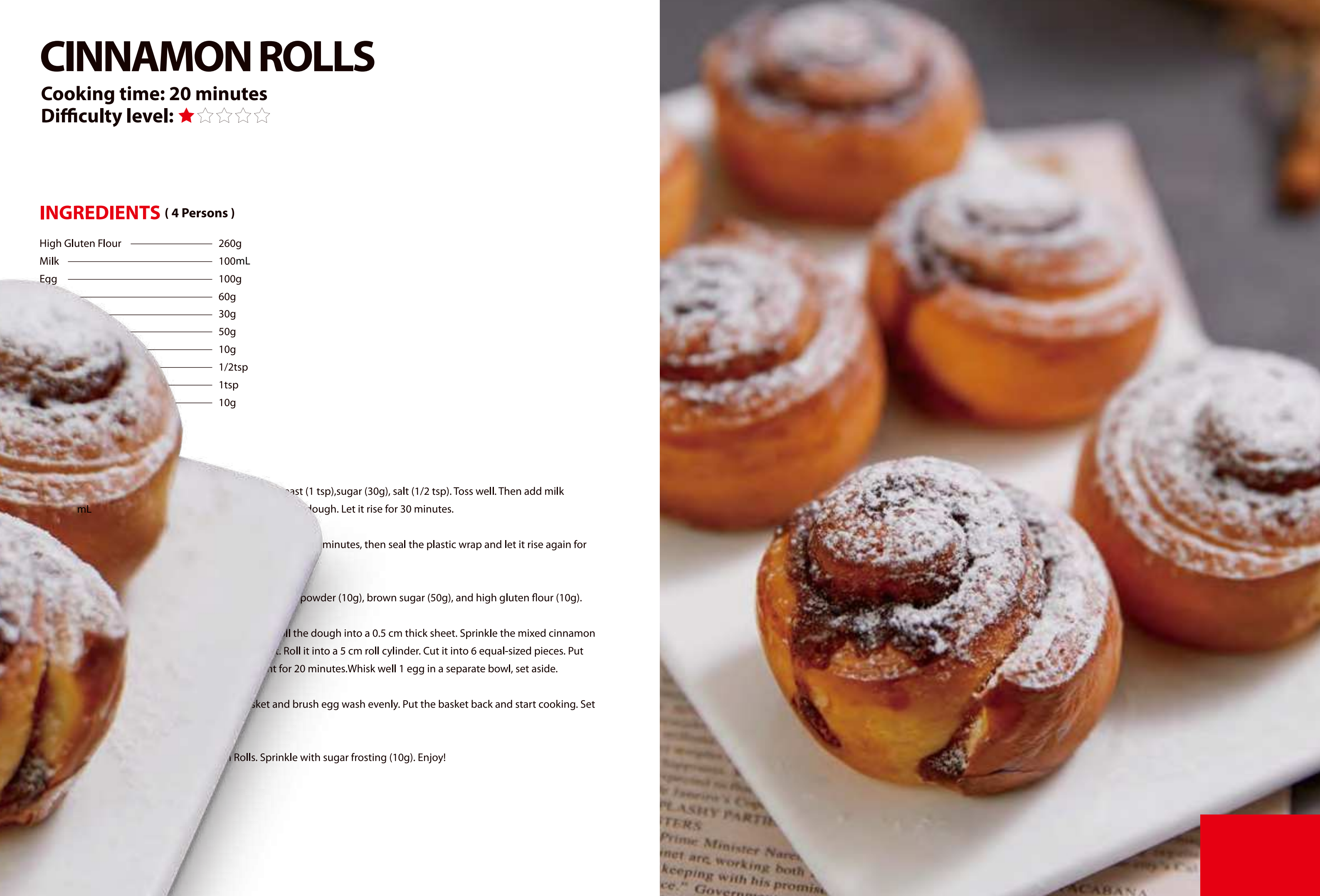
2. After 30 minutes, then seal the plastic wrap and let it rise again for 1 hour.

3. Mix cinnamon powder (10g), brown sugar (50g), and high gluten flour (10g).

4. Roll out all the dough into a 0.5 cm thick sheet. Sprinkle the mixed cinnamon and sugar mixture evenly. Roll it into a 5 cm roll cylinder. Cut it into 6 equal-sized pieces. Put them in a steamer basket and steam for 20 minutes. Whisk well 1 egg in a separate bowl, set aside.

5. After 20 minutes, brush egg wash evenly. Put the basket back and start cooking. Set aside.

6. Serve Cinnamon Rolls. Sprinkle with sugar frosting (10g). Enjoy!





# BANANA WALNUTS POUND CAKE

Cooking time: 38 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 4 Persons )

|                 |      |               |        |
|-----------------|------|---------------|--------|
| Egg             | 100g | Walnut        | 30g    |
| Unsalted Butter | 85g  | Sugar         | 2tbsp  |
| Cake Flour      | 85g  | Water         | 2tbsp  |
| Icing Sugar     | 80g  | Baking Powder | 1/2tsp |
| Banana          | 75g  | Salt          | 1/4tsp |

## METHOD

1. For the syrup, dissolve sugar (2 tbsp) in hot water. Set aside.
2. Cut unsalted butter (85g) into cubes and soften at room temperature. In a small bowl, whisk 2 eggs well at room temperature. Roughly chop walnuts (30g). Mash banana thoroughly with a fork in another small bowl. Sift together cake flour (85g), baking powder (1/2 tsp) into a large bowl.
3. Line the base and sides of the loaf tin with large enough parchment paper. Cut the paper at the four corners you'd fold. Then place the parchment paper inside the tin, and overlap where you have made the cuts.
4. Add in a mixing bowl: the softened butter, icing sugar (80g), salt (1/4 tsp). Use an electric mixer on low speed to combine added ingredients. Then set high speed to mix about 3~4 minutes, until they become pale and fluffy. Add beaten eggs, a bit at one time, beating well in between additions until well incorporated. Add mashed banana and beat until well combined.
5. Add the mixed flour and stir until the flour is well incorporated throughout the batter. Finally, add chopped walnuts. Stir until just combined. Transfer to a piping bag.
6. Pour the batter into the prepared loaf tin. Tap it on the work surface to eliminate large air bubbles.
7. Place the tin into the air fryer basket. Put the basket back and start cooking. Set at 160°C/38 minutes.
8. Remove from the air fryer. Invert out onto a wire rack. Release the parchment paper with top sides up.
9. Spread the syrup evenly on the top and all sides of the cake. Cool to room temperature. Wrap with plastic wrap. Put in the refrigerator overnight. Cut into slices and serve immediately. (The cake is great on the day it was baked, even better the next day or up to 5 days.)





# CREAM CHEESE TART

Cooking time: 7 minutes  
Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 4 Persons )

|                          |        |
|--------------------------|--------|
| Cream Cheese             | 100g   |
| Pe-packaged Pastry Crust | 40g    |
| Whipping Cream           | 40g    |
| Sugar                    | 4tsp   |
| Milk                     | 10g    |
| Egg Yolk                 | 10g    |
| Corn Starch              | 1tsp   |
| Vanilla Extract          | 1/4tsp |

## METHOD

1. Thaw pre-packaged pastry crust (40g) at room temperature. In a mixing bowl, add softened cream cheese (100g), sugar (4 tsp). use an electric mixer on medium speed to well combine these ingredients. Add whipping cream (40g), milk (10g), vanilla extract (1/4 tsp) on low-speed to well combine. Add cornstarch (1 tsp) to stir well. Transfer to a piping bag. Fill each pastry with crust. Shape them into the dome. Put tarts in refrigerator frozen for 2 to 3 hours. Before cooking take them out and brush on egg yolk evenly.
2. Place tarts in refrigerator to frozen for 2 - 3 hours. Before cooking take them out and brush on egg yolk evenly.
3. Place tarts into the air fryer basket. Put the basket back and start cooking. Set at 185°C/7 minutes.
4. Cool them down. Enjoy!





# BROWN SUGAR PECAN PIE

Cooking time: 25 minutes

Difficulty level: ★★☆☆☆

## INGREDIENTS ( 4 Persons )

|                                       |       |                 |        |
|---------------------------------------|-------|-----------------|--------|
| Store-bought 7-inch Shortcrust Pastry | 170g  | Unsalted Butter | 30g    |
| Pecan Nut                             | 120g  | Almond Flour    | 20g    |
| Egg                                   | 50g   | Whisky          | 1tbsp  |
| Brown Sugar                           | 3tbsp | Vanilla Extract | 1tsp   |
| Whipping Cream                        | 50g   | Salt            | 1/4tsp |

## METHOD

1. Thaw pre-made 7-inch pie shell (1 sheet) about 5 minutes until soft.
2. Melt unsalted butter (30g) in a skillet on low heat. Add brown sugar (3 tbsp) and stir until melted. Add whipping cream (50g) while occasionally stirring. Once boiled, turn off the heat and set aside to cool. In a mixing bowl, add egg (50g), vanilla extract (1 tsp), whisky (1 tbsp), salt (1/4 tbsp) and whisk well. Then add brown sugar mixture and stir well. Add pecan nuts (120g) and almond flour (20g). Stir well.
3. Place the puff pastry in the bottom of a 6-inch live-bottom mold. Tidy up the edges so that the edges of the pastry are well stick to the inner wall. Press firmly. Trim off the excess pastry on top. Gently pierce the bottom of the crust with a fork. Transfer to the refrigerator to frozen for 30 minutes.
4. Place the frozen pie shell into air fryer basket. Pour the fillings evenly. Put the basket back and start cooking. Set at 160°C/25 minutes.
5. When finished, transfer it onto a cooling rack. Cool it at room temperature before slicing. Enjoy!





**Cooking time: 60 minutes**

**Difficulty level:** ★★☆☆☆

## INGREDIENTS ( 4 Persons )

Lemon ————— 50g

Orange ————— 50g

## METHOD

1. Slice lemon and orange into thin slices.
2. Arrange citrus slices in a single layer. Then put it into the air fryer basket. Put the basket back and start cooking. Set at 80°C/60 minutes.
3. When finished, take out then leave to cool. Store in a good air-tight jar to avoid softening. Add slices to water for half day. Enjoy!

