

**#DetailsMatter**



**DELICACIES  
MATTERS.**

**AIR FRYER RECIPES  
AF-74CSROUS(H)**

**TOSHIBA**





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# 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.
2. Toss tapioca starch (2 tsp) in the bowl, ensuring all fries are well coated.  
Add chili powder (1/4 tsp), onion powder (1/4 tsp), olive oil (1 tbsp), toss well.
3. Pour ketchup (4 tbsp) into a small bowl as a dip.
4. Lay fries in a single layer into the fryer basket. Put the basket back and start cooking.  
Set at 185°C/ 13 minutes.
5. Serve with ketchup immediately.





# 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.





# THAI FRIED CHICKEN WINGS

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 Chile	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 salt1/4 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

## METHOD

1. Mince the garlic (5g). Remove the stem from the 5 Jalapeno peppers, then core them out. Boil the jalapenos for 3 minutes and drain. Allow them to cool enough to touch.
2. Mix in a separate bowl: softened cream cheese (60g), Cheddar cheese (20g), minced garlic. Transfer to a piping bag and fill-full to the cored jalapenos.
3. Mix in a separate bowl: minced pork, brown sugar (1/2 tbsp), onion powder (1/4 tsp), salt (1/2 tsp), ground black pepper (1/4 tsp). Mix until the meat becomes gluey. Form 1/5 of the meat around the entire outside of each stuffed jalapenos. Cover them completely.
4. Wrap thick-cut bacon (2 slices) around each stuffed pepper. Ensure the bacon wrapped all the way around. Follow the previous introductions to complete the remaining peppers wrapping.
5. Arrange the Armadillo Eggs into the air fryer basket. Put the basket back and start cooking. Set at 200°C/20 minutes.
6. Cut into half horizontally and serve immediately.





# 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		

## METHOD

1. Cut the baguette in half, and evenly spread salted butter (10g) on it. Slice the tomatoes. Wash the lettuces and red leaf lettuces . Set aside. Serve the lettuce as a garnish and set aside.
2. Serve the lettuce as agarnish and set aside.
3. Place the baguette into the air fryer basket with the cut side up. Put the basket back. Set at 150°C/4 minutes.
4. When finished, take out the baguette.Place the toasted baguette with the cut side up in a bowl. Put beef ham, cheese slices (1 slice), tomatoes, lettuces (3 slices), drizzle evenly with Thousand Island dressing (1tbsp), and mustard sauce (1tbsp) on top. Cover with another piece of toasted baguette, cut side down. Serve with red leaf lettuces.





# 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

Cooking time: 8 minutes  
Difficulty 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

1. 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.
2. 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.
3. 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 (50g), Chorizo chunks, blue cheese small chunks (30g), capers (10g), sprinkle evenly with grated Parmesan cheese then top with shredded mozzarella cheese (20g). Put the basket back and start cooking. Set at 190°C/7 minutes.
3. Cut into slices. Serve immediately.





# SPINACH AND MIXED CHEESES 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 in the bowl and drained cool. 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 pan. Gently pierce the bottom of the crust with a fork. Put it in the refrigerator and freeze for 30 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 sliced mushroom and continue cooking until mushrooms shrink in half size. Add chopped 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 until combined. Mix the whipping cream (50g), shredded Cheddar cheese (15g), grated Parmesan cheese (15g), salt (1/4 tsp), and ground black pepper (1/4 tsp). Set aside.
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.

## INGREDIENTS ( 3 Persons )

Spinach	200g	Red Onion	50g
Store-bought 7-inch Shortcrust Pastry	170g	Grated Parmesan Cheese	15g
Button Mushroom	50g	Shredded Cheddar Cheese	15g
Egg	50g	Unsalted Butter	10g
Ricotta Cheese	50g	Salt	1/4tsp
Whipping Cream	50g	Ground Black Pepper	1/4tsp







# 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.





# KOREAN KIMCHI DUMPLINGS

**Cooking time: 16 minutes**

**Difficulty level:** ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

Frozen Dumplings ——— 245g

Oil ——— 1tsp

## METHOD

1. Spread the frozen dumplings on one layer in the air fryer basket and avoid overlapping. Brush the oil evenly on the surface. Put the basket back and start cooking. Set at 170°C/16 minutes.
2. Serve immediately.



# 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.





# RACK OF LAMB WITH HERBS

Cooking time: 12 minutes

Difficulty level: ★★☆☆☆



## INGREDIENTS ( 2 Persons )

Rack Of Lamb	180g
Shallot	50g
Salt Butter	30g
Red Leaf Lettuce	30g
Red Cherry Tomatoe	20g
Yellow Cherry Tomatoe	20g
Lemongrass	15g
Mustard Sauce	1tsp
Rosemary	3g
Monterey Powder	1tsp
Turkey Powder	1tsp
Red Pepper Powder	1tsp

## 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: ★★☆☆☆



## INGREDIENTS ( 2 Persons )

Leg Of Lamb	200g
Shallots	30g
Salt Butter	30g
Yellow Lemon Juice	30mL
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.





# GRILLED SHORT RIBS WITH SPANISH SAUCE

Cooking time: 8 minutes  
Difficulty level: ★★★★★☆☆



## INGREDIENTS ( 2 Persons )

Short Rib	200g
Salt Butter	30g
Oil Packed Tomatoe	25g
Red Cherry Tomatoe	20g
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: ★★☆☆☆

## INGREDIENTS ( 3 Persons )

Pork Belly	250g
Korean Kimchi	150g
Salt	1/2tsp

## 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  
Tapioca Starch 3tbsp  
Soy Sauce 2tsp  
Oil 2tsp  
Potato Starch 1tbsp  
Salt 1tsp

Chinese Cooking Wine 1tsp  
Five Spice Powder 1tsp  
Garlic Powder 1/2tsp  
White Pepper Powder 1/2tsp  
Sugar 1/2tsp

## METHOD

1. Pat dry the chicken thighs and slide 2-3 cuts on each side. Mix in a separate bowl: five-spice powder(1/2 tsp), garlic powder (1/2 tsp), Chinese cooking wine (1 tsp), white pepper powder(1/2 tsp), soy sauce (2 tsp), sugar (2 tsp). Toss and coat well, marinate for 1 hour.
2. Mix salt (1 tsp), five-spice powder (1/2 tsp) as the dipping spice.
3. Mix well in a separate bowl: tapioca starch (3 tbsp), potato starch (1 tbsp). Roll and pad the marinated chicken thighs in the starch mixture and shake off excess. Make sure it is fully and evenly covered by the layer of mixed starch.
4. Place the chicken thighs evenly in the air fryer basket and avoid overlapping. Brush oil (2 tsp) on the surface of the chicken thighs. Put the basket back, start cooking.Set at 190°C/25 minutes.
5. 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.





# ROASTED PRAWNS WITH SHALLOT

Cooking time: 8 minutes

Difficulty level: ★☆☆☆☆

## INGREDIENTS ( 2 Persons )

Prawn	80g
Shallot	50g
Mushroom	35g
Salt Butter	30g
Red Cherry Tomatoe	20g
Yellow Cherry Tomatoe	20g
Lemongrass	15g
Frisee Lettuce	10g
Turkey Powder	1tsp
Cajun Seasoning	1tsp
Monterey Powder	1tsp

## METHOD

1.

Clean prawns, do not devein the prawns, insert sticks from the tail. Wash shallots and halve them into wedges. Chop lemongrass (15g) into pieces. Clean and slice fresh mushroom, frisee lettuce. Wash red and yellow cherry tomatoes (20g for each). Set aside.
2.

Add in a separate bowl: the prawns, Turkey powder (1tsp), cajun seasoning (1tsp), Monterey powder (1tsp), lemongrass, and shallots in turn. Marinate for 10 minutes. Set aside. Put nine sprouts, red and yellow cherry tomatoes on a plate and serve as garnish. Set aside.
3.

Line the air fryer basket with waxed paper. Rub salt butter (30g) on the waxed paper. Add fresh mushrooms and marinated prawns. Put the basket back and start cooking. Set at at 180°C/8 minutes.
4.

When finished, take out the prawn. Serve with frisee lettuce, red and yellow cherry tomatoes.





# 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
Butter	60g
Sugar	30g
Brown Sugar	50g
Cinnamon Powder	10g
Salt	1/2tsp
Yeast	1tsp
Sugar Frosting	10g

## METHOD

1. Mix in a separate bowl: high gluten flour (250g), yeast (1 tsp),sugar (30g), salt (1/2 tsp). Toss well. Then add milk (100mL)and 1 egg into the same bowl. Then form the dough. Let it rise for 30 minutes.
2. Add softened butter (15g) to the dough and knead for 10 minutes, then seal the plastic wrap and let it rise again for 30 minutes.
3. Mix in a separate small bowl: butter (45g), cinnamon powder (10g), brown sugar (50g), and high gluten flour (10g).
4. Sprinkle dry flour on the bottom of the dough. Roll the dough into a 0.5 cm thick sheet. Sprinkle the mixed cinnamon powder sugar evenly on the surface of the sheet. Roll it into a 5 cm roll cylinder. Cut it into 6 equal-sized pieces. Put them in a bowl. Seal the plastic wrap to ferment for 20 minutes.Whisk well 1 egg in a separate bowl, set aside.
5. Put the cinnamon rolls into the air fryer basket and brush egg wash evenly. Put the basket back and start cooking. Set at 175°C/20 minutes.
6. When finished, remove the 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!





# DRIED CITRUS SLICES

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!

