

### 3.7 Qt Air Fryer With Touchscreen Instruction Manual and Recipe Guide

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles or knobs. Use oven mitts or potholders.
3. To protect against electric shock do not immerse cord, plugs, or appliance in water or other liquid.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
5. Children should be supervised to ensure that they do not play with the appliance.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Bring it to a qualified technician for examination, repair or electrical or mechanical adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. To disconnect, turn both the timer dial and temperature dial to OFF. Then remove plug from wall outlet.
14. Do not use appliance for other than intended use.
15. Make sure the basket is locked into the Air Fryer.
16. Make sure the frying basket is locked securely into the front of the Air Fryer, while the Air Fryer is in operation.

**WARNING:** The Air Fryer will not operate unless frying basket is fully closed.

CAUTION: After hot air frying, the crisping tray and frying basket drawer and the cooked foods are hot. Extreme caution must be used when handling the hot Air Fryer basket/drawer.

**FOR HOUSEHOLD USE ONLY.**

## **ADDITIONAL IMPORTANT SAFEGUARDS**

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

CAUTION: This appliance is hot during operation and retains heat for some time after turning OFF. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. Do not place anything on top of the appliance while it is operating or while it is hot.

1. All users of this appliance must read and understand this instruction manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
4. Do not leave this appliance unattended during use.
5. Do not immerse power cord in any liquid. If the power cord to this appliance is damaged, it must be replaced by contacting Consumer Service.
6. Keep the cord out of reach from children and infants to avoid the risk of electric shock and choking.
7. Place the Air Fryer on a flat, heat-resistant work area.
8. Do not obstruct the air outlet or air inlets on the back and sides of the Air Fryer, with any objects. Avoid escaping steam from the air outlet during air frying.
9. Keep appliance at least 4 inches away from walls or other objects during operation.
10. Always use the frying basket handle to open frying basket drawer.
11. WARNING: After air frying, make sure to place the frying basket on a flat, heat-resistant surface.
12. WARNING: Under or over-filling the frying basket may damage the Air Fryer and could result in serious personal injury.
13. Never move a hot Air Fryer or an Air Fryer containing hot food. Allow to cool before moving.

**SAVE THESE INSTRUCTIONS.**

## **NOTES ON THE PLUG.**

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

## **NOTES ON THE CORD.**

- A. A short power-supply cord (or detachable power-supply cord) is to be provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
- B. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
- C. If a long detachable power-supply cord or extension cord is used :
  1. The marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the appliance;
  2. If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.
  3. The longer cord should be arranged so that it does not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

## **PLASTICIZER WARNING.**

CAUTION: To prevent Plasticizers from migrating to the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top. Failure to do so may cause the finish to darken; permanent blemishes may occur or stains can appear.

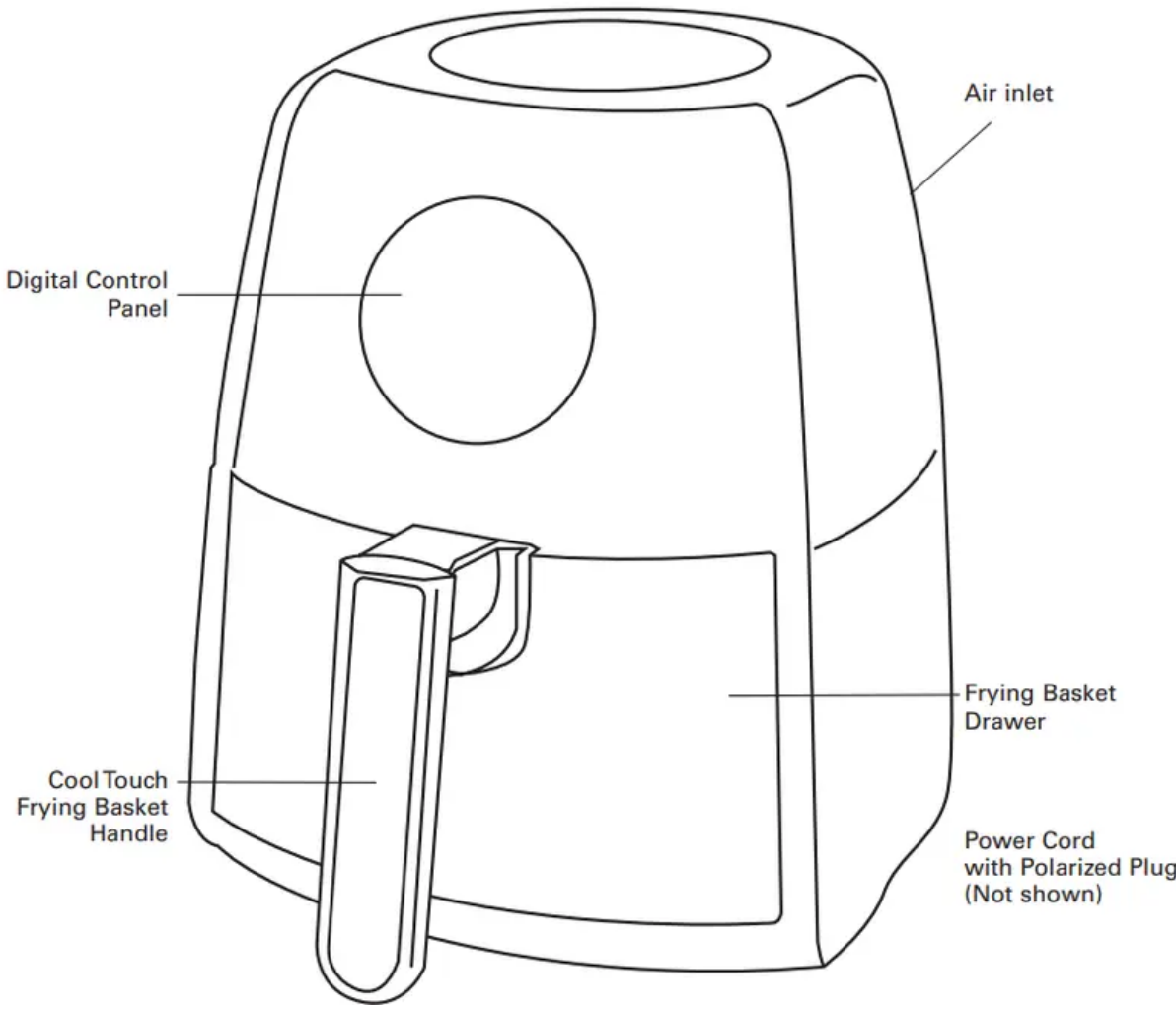
## **ELECTRIC POWER.**

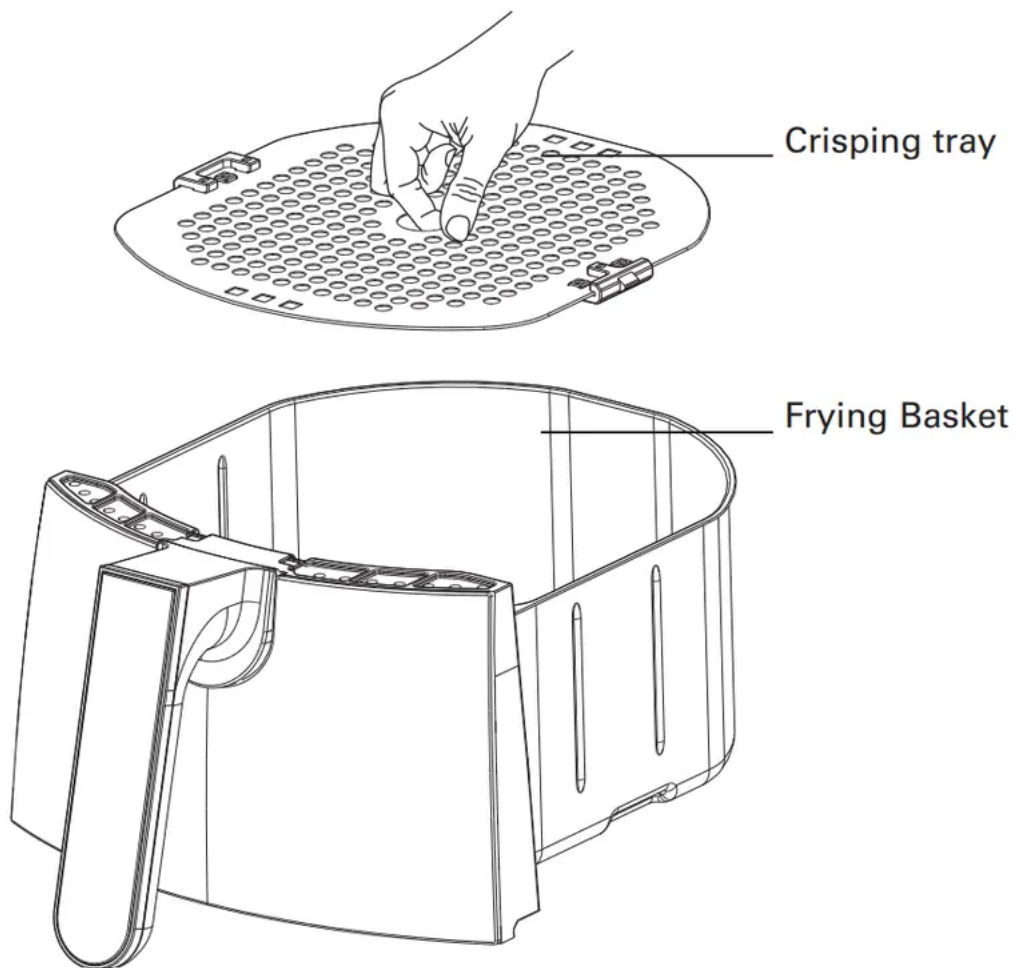
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

### **A Versatile Appliance.**

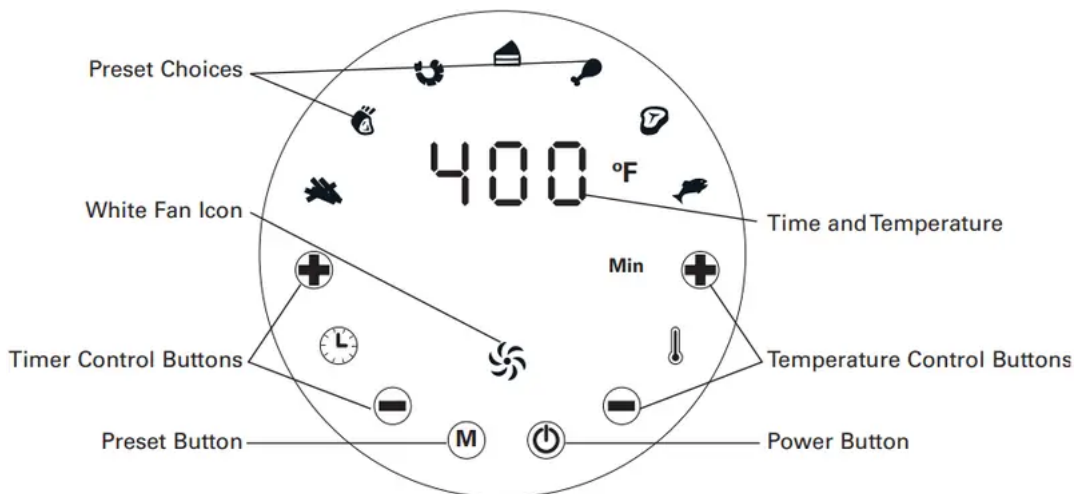
The Power BELLA Air Convection Fryer is designed to cook a wide variety of your favorite foods. The charts and tables provided within this manual and the Recipe Guide will help you get great results. Please refer to this information for proper time/temperature settings and proper food quantities.

# Getting to Know Your Air Fryer





## TOUCHSCREEN CONTROL



### Power Button

Once the Outer Basket and Fry Basket are properly placed in the Main Unit Housing, the Power Button will be illuminated. Selecting the Power Button one time will set the Unit to a default temperature of 370° F, and the cooking time will be set to 15 minutes. Selecting the Power Button a second time will start the cooking process. Pressing the Power Button during the cooking cycle will turn the Unit off. The White Fan Icon will continue to flash for 20 seconds.

### **Timer Control Buttons**

The + and - symbols enable you to add or decrease cooking time, one minute at a time. Keeping the button held down will rapidly change the time.

### **Temperature Control Buttons**

The + and - symbols enable you to add or decrease cooking temperature 5°F at a time. Keeping the button held down will rapidly change the temperature. Temperature control range: 180°F – 400°F.

### **Preset Button**

Selecting the M Preset Button enables you to scroll through the seven Preset Buttons. Once selected, the predetermined time and cooking temperature function begins.

**Note:** You can override the Preset function by increasing or decreasing Time and Temperature manually

### **Preset Choices**

Seven Presets to choose from: French Fries, Roast, Shrimp, Cake, Chicken, Steak, and Fish.








### **Time and Temperature**

This display will keep track of the temperature and remaining cook time.

### **White Fan Icon**

The flashing, White Fan Icon will appear when the Unit is turned on and for up to 20 seconds after it is turned off.

## Preset Button Cooking Chart

	Food	Default Temp	Default Air Fry Time	Time range/ mins	Temp range	Recommend turn over time	Action
	<b>French Fries, Idaho Potatoes</b> , 2-3 cups (fresh, hand cut, 1/4 to 1/3-in. thick)	400°F	18 mins	1-60mins	180-400°F	Turn over 1 time for each 9 mins	Spray with oil, shake 3x
	<b>Meat, Roast, Chops</b> , 1–2 lbs.	400°F	25 mins	1-60mins	180-400°F	Turn over 1 time for each 13 mins	rub or spray with oil, turn over, test for doneness
	<b>Shrimp</b> , (tawed, battered), 1 lb.	330°F	8 mins	1-60mins	180-400°F	Turn over 1 time for each 4 mins	spray with oil, turn over, shake
	<b>Cake</b> , 1 layer, 7-inch	310°F	30 mins	1-60mins	180-400°F	No turn over	test for doneness
	<b>Chicken</b> , 1 lb. (fresh/thawed)	400°F	20 mins	1-60mins	180-400°F	Turn over 1 time for each 10 mins	rub or spray with oil, turn over, test for doneness
	<b>Steak</b> , 1 lb., room temp., medium rare	400°F	12 mins	1-60mins	180-400°F	Turn over 1 time for 6 mins	rub or spray with oil, turn over, test for doneness
	<b>Fish Filet</b> , 1 lb., fresh, thawed, battered	400°F	10 mins	1-60mins	180-400°F	Turn over 1 time for 5 mins	spray with oil, turn over, test for doneness

### Preheating the BELLA Air Convection Fryer.

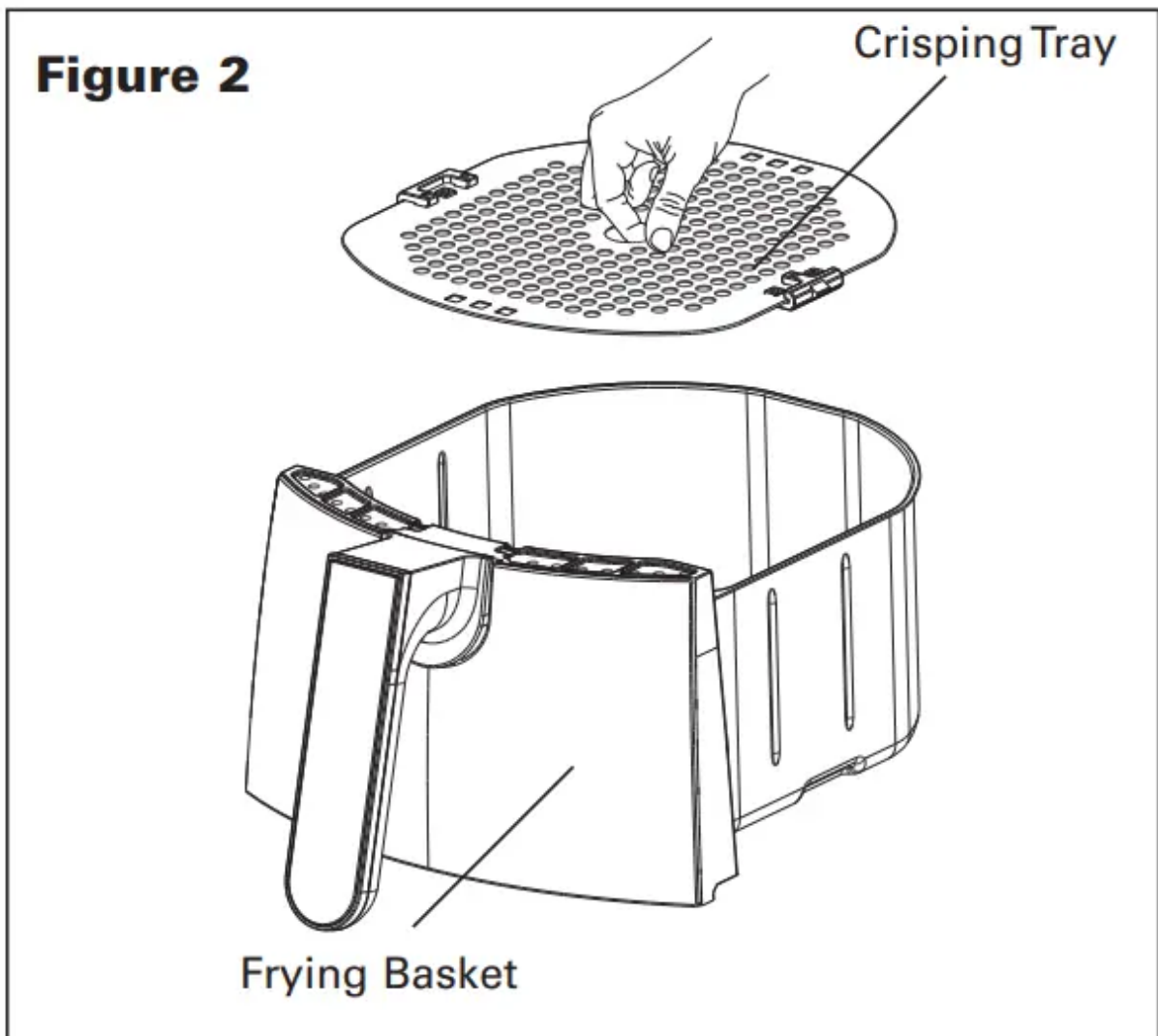
You may preheat the unit for more efficient cooking simply by selecting a cook time of 2 or 3 minutes and cook at the default or higher temperature. For preheating, you will need to place the crisping tray and Outer Basket (assembled) into the Main Unit Housing.

**WARNING:** Never fill the Outer Basket with cooking oil or any other liquid! Fire hazard or personal injury could result.

### BEFORE USING FOR THE FIRST TIME

1. Your Air Fryer is shipped with the crisping tray locked into the drawer, inside the Air Fryer body. Firmly grasp the frying basket handle to open frying basket drawer; then remove the drawer from the machine and place on a flat, clean work area.
2. Remove all packing material and labels from the inside and outside of the Air Fryer. Check that there is no packaging underneath and around the frying basket and drawer.
3. Wash frying basket and crisping tray in hot, soapy water.

4. DO NOT IMMERSE THE AIR FRYER BODY IN WATER. Wipe Air Fryer body with a damp cloth. Dry all parts thoroughly.
5. Following the shape of the frying basket, turn the crisping tray with the flattened edge facing the handle. Use the center hole of the crisping tray to lift the crisping tray up and out of the frying basket. (See Figure 2.) Drop the tray down so that the 4 rubber side grips fit snugly in place in the base of the basket. (See Figure 2).
6. Insert and lock the clean frying basket into the front of the Air Fryer.



## OPERATION INSTRUCTIONS

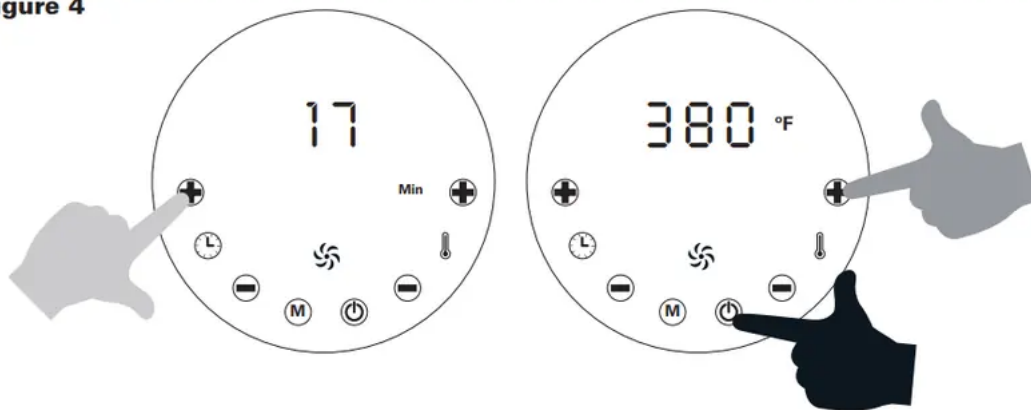
**WARNING!** This unit should not be used to boil water.

**NOTE:** During first use, the Air Fryer may emit a slight odor. This is normal.

1. Place the Air Convection Fryer on a flat, heat-resistant work area, close to an electrical outlet.

2. Firmly grasp the frying basket handle to open frying basket drawer; then remove the drawer from the body and place on a flat, clean surface.
3. Place food into the frying basket. Do not overfill. To ensure proper cooking and air circulation, NEVER fill the frying basket more than 2/3 full. When air frying fresh vegetables, we do not recommend adding more than 3 cups of food to the frying basket.
4. Insert the assembled frying basket drawer into the front of the Air Convection Fryer. Always make sure frying basket drawer is fully closed.
5. Plug cord in the wall outlet. A lone red POWER will appear on a black background.
6. To begin, press the red POWER .
7. The control panel will appear, POWER turns green.
8. The default TIME and TEMPERATURE: 15 minutes and 370°F will alternate on the display
9. To adjust the air frying TIME, press the (+) or (-) on the left side of the control panel to advance or decrease time in 1 minute increments, from 1 to 60 minutes.
10. Press the (+) or (-) on the right side of the control panel to adjust TEMPERATURE from 180°F to 400°F in 5 degree increments.

**Figure 4**



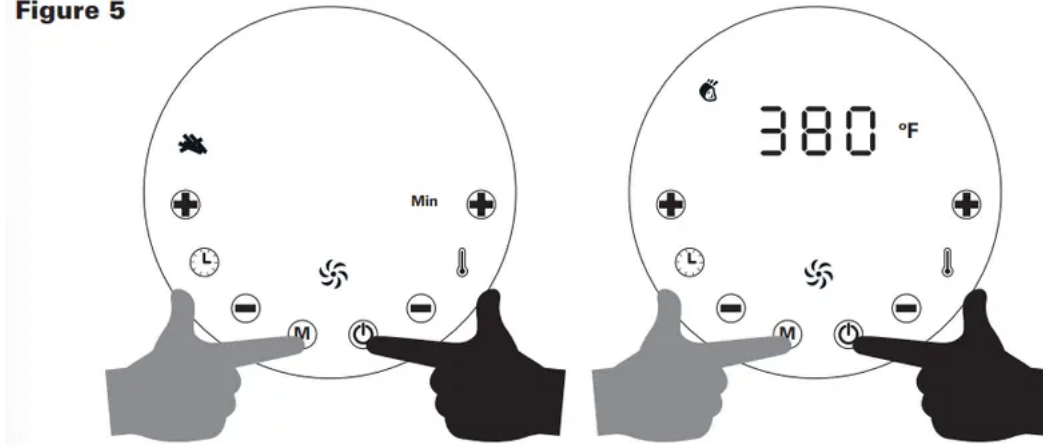
11. When the desired **TIME** and **TEMPERATURE** appear on the display, press the green **POWER** (⏻) to turn the Air Convection Fryer ON. The white convection fan (🌀) will twirl when the Air Convection Fryer is in operation. The preset temperature and time will alternate on the display until the time has expired.

**IMPORTANT:** The Air Convection Fryer will not heat until the green **POWER** (⏻) is pressed. If no buttons are pressed, the display time will begin to count down. In 15 minutes, the Air Convection Fryer will automatically turn OFF.

12. To turn the Air Convection Fryer OFF at any time, simply press the green **POWER** (⏻) . The white convection fan (🌀) will continue to twirl for 20 seconds until the lone red **POWER** (⏻) will appear on a black background. 5 beeps will sound.

13. To use preset menu options, simply press MENU (M). Each time MENU (M) is pressed, the next menu option will illuminate.

**Figure 5**



14. When the desired menu option icon is illuminated, press the green **POWER** (⏻) to turn the Air Convection Fryer ON.

**NOTE:** If the **MENU** (M) is not pressed again, the Air Convection Fryer will automatically begin operation in 4 seconds.

15. The white convection fan (🌀) will twirl when the Air Convection Fryer is in operation. The preset temperature and time will alternate on the display until the air fry time has expired.

16. The quantity, density, weight of food will alter the total cooking time necessary. Remember, frying smaller batches will result in shorter cooking times and higher food quality.

**IMPORTANT:** Always check food halfway through cooking time to determine final cook time and temperature.

17. To adjust the air frying **TIME**, press (+) or (–) on the left side of the control panel to advance or decrease time in 1 minute increments, from 1 to 60 minutes.

18. Press the (+) or (–) on the right side of the control panel to adjust **TEMPERATURE** from 180°F to 400°F in 5 degree increments.

**WARNING! ALWAYS USE A MEAT THERMOMETER TO ENSURE THAT MEAT AND FISH ARE COOKED THOROUGHLY BEFORE EATING.**

## HELPFUL HINTS

1. Olive oil spray or vegetable oil works well for air frying.
2. Use your Air Fryer to cook pre-packaged foods with a fraction of the oil, in a fraction of the time! As a general rule, lower the recipe baking temperature by 50°F and reduce the cooking time by to 50% depending on the food and amount.

3. Do not overfill frying basket with food. NEVER fill any frying basket more than 2/3 full. When air frying fresh vegetables, we do not recommend adding more than 3 cups of food to the frying basket.
4. **For best results**, some foods need to be shaken vigorously or turned over during the air fry time. Consult the Air Frying Chart following as a general guide.
5. To avoid excess smoke, when cooking naturally high fat foods, such as chicken wings or sausages, it may be necessary to empty fat from the frying basket drawer between batches.
6. Always pat food dry before cooking to encourage browning and avoid excess smoke.
7. Air fry small batches of freshly breaded foods. Press breading onto food to help it adhere. Arrange in frying basket so that food is not touching to allow air flow on all surfaces.
8. The Air Fryer can be used to reheat food. Set the temperature to 300oF for up to 10 minutes.

## AIR FRYING CHART

**WARNING! ALWAYS USE A MEAT THERMOMETER TO ENSURE THAT MEAT, POULTRY AND FISH ARE COOKED THOROUGHLY BEFORE EATING.**

The following chart is intended as a guide only. The quantity of food air fried at one time, the thickness or density of the food, and whether the food is fresh, thawed, or frozen may alter the total cooking time necessary.

1. To assure even cooking/browning, open the frying basket drawer halfway through the cooking time. Check, turn or vigorously shake foods in the frying basket. This chart lists average total air frying time, the time at which some action is required, and what action is to be taken for best results.
2. Remember, frying smaller batches will result in shorter cooking times and higher food quality. Adjust air frying temperatures and times as necessary to suit your taste.

**IMPORTANT NOTE:** Unless food is pre-packaged and pre-oiled, for browned and crispy results, all foods should be lightly oiled before air frying.

- Oil may be sprayed or brushed onto foods.
- Spray oils work well as oil is evenly distributed and smaller quantities of oil are needed.
- To ensure crispy results, make sure foods are dried before adding oil.
- Cut pieces smaller to create more surface area for crispier results.

- Blanching is a term that refers to pre-cooking foods at a lower temperature before the final air fry.
- Add 3 minutes to the AIR FRY TIME to allow the Air Fryer to preheat.

FOOD	TEMP	AIR FRY TIME*	TIME	ACTION
Mixed Vegetables (roasted)	400°F	15 - 20 minutes	8 minutes	shake
Broccoli (roasted)	400°F	15 - 20 minutes	8 minutes	shake
Onion Rings (frozen)	400°F	12 - 18 minutes	8 minutes	shake
Cheese Sticks (frozen)	350°F	8 - 12 minutes	—	—
Fried Sweet Potato Chips (fresh, hand cut, 1/8 to 1/16-in. thick)				
Blanch (Step 1)	325°F	15 minutes	8 minutes	shake
Air Fry (Step 2)	350°F	10 - 15 minutes	5 minutes	shake
French Fries, (fresh, hand cut, 1/4 to 1/3-in. thick)				
Blanch (Step 1)	325°F	15 minutes	8 minutes	shake
Air Fry (Step 2)	350°F	10 - 15 minutes	5 minutes	shake
French Fries, thin (frozen) 3 cups	400°F	12 - 16 minutes	8 minutes	shake
French Fries, thick (frozen) 3 cups	400°F	17 - 21 minutes	10 minutes	shake
Meatloaf, 1 lb.	350°F	35 - 40 minutes	—	—
Hamburgers, 1/4 lb. (up to 4)	350°F	10 - 14 minutes	(rare to well done)	—
Hot Dogs /Sausages	350°F	10 - 15 minutes	6 minutes	turn over

Chicken Wings (fresh/thawed),				
Blanch (Step 1)	325°F	15 minutes	8 minutes	shake
Air Fry (Step 2)	350°F	10 minutes	5 minutes	shake
Chicken Tenders/Fingers,				
Blanch (Step 1)	350°F	13 minutes	13 minutes	turn over
Air Fry (Step 2)	400°F	5 minutes	3 minutes	shake
Chicken Pieces	350°F	20 - 30 minutes	10 minutes	turn over
Chicken Nuggets (frozen)	350°F	10 - 15 minutes	5 minutes	shake
Catfish Fingers (thawed, battered)	400°F	10 - 15 minutes	5 minutes	turn over
Fish Sticks (frozen)	400°F	10 - 15 minutes	5 minutes	turn over
Apple Turnovers	400°F	10 minutes	—	—
Donuts	350°F	8 minutes	4 minutes	turn over
Fried Cookies	350°F	8 minutes	4 minutes	turn over

\*Add 3 minutes to the AIR FRY TIME to allow the Air Fryer to preheat.

**PLEASE NOTE:**

The USDA recommends that meats such as beef and lamb, etc. should be cooked to an internal temperature of 145°F/63°C. Pork should be cooked to an internal temperature of 160°F/71°C and poultry products should be cooked to an internal temperature of 170°F/77°C - 180°F/82°C to be sure any harmful bacteria has been killed.

When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F/74°C.



## MAINTENANCE

This appliance requires little maintenance. It contains no user-serviceable parts. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

## CARE & CLEANING

**WARNING! Allow the Air Fryer to cool fully before cleaning.**

1. Unplug the Air Fryer. Remove frying basket from the drawer. Make sure the frying basket drawer and frying basket have cooled completely before cleaning.
2. Wash the basket drawer and frying basket in hot soapy water. Do not use metal kitchen utensils or abrasive cleansers or cleaning products as this may damage the non-stick coating.
3. The frying basket and frying basket drawer are dishwasher-safe. For best results, place in the top rack of your dishwasher to clean.
4. Wipe the Air Fryer body with a soft, non-abrasive damp cloth to clean.

## STORING INSTRUCTIONS

1. Make sure the Air Fryer is unplugged and all parts are clean and dry before storing.
2. Never store the Air Fryer while it is hot or wet.
3. Store Air Fryer in its box or in a clean, dry place.

## Recipes

### Stuffed Chicken Breasts.

Serves 3.

- 3 large skinless, boneless chicken breasts, pounded.
- 1/2 box (3 oz.) Stove Top® (or any boxed stuffing mix)
- 1/2 cup water.
- 1 egg, beaten.
- seasoned salt, to taste.
- garlic salt, to taste.
- freshly ground black pepper, to taste.

1. Place chicken breast between 2 pieces of plastic wrap. To prevent shredding, add a small splatter of water between the chicken and the wrap. Pound the thickest parts of the chicken breasts and flatten to a consistent 1/4- to 3/8-inch thickness.
  2. In a medium mixing bowl, add stuffing mix and water. Let stuffing stand for 5 minutes. Add beaten egg and mix well.
  3. Add 1/2 cup stuffing to the center of each chicken breast.
  4. Roll each breast and place seam side down into the frying basket.
  5. Sprinkle seasoned salt, garlic salt and black pepper over the tops of each rolled chicken breast.
  6. Set Air Fryer to 350° and air fry for 20 -25 minutes.
  7. An audible beep can be heard when the air frying time has expired. Cut a slit into the thickest piece of chicken to test doneness. When done, juices should run clear.
- NOTE: Air frying times may vary based on size and thickness of chicken breast.
8. Remove cooked chicken breasts from frying basket, or replace frying basket and set timer to air fry for 5 minute intervals until fully cooked.

## **Stuffed Eggplant Boats.**

Serves 4.

- 2 (6-inch) eggplants.
  - 2 tablespoons salt.
  - 1/3 cup chopped onions.
  - 6 oz. Italian sausage, bulk or casing removed.
  - 1/2 cup Italian tomato sauce.
  - 2 cloves garlic, minced.
  - 1 cup shredded mozzarella.
  - 2 tablespoons Parmesan cheese.
  - 2 tablespoons olive oil.
  - Kosher salt.
  - fresh ground black pepper to taste.
1. Cut tops off eggplants; then slice in half horizontally.
  2. Scoop flesh from eggplants halves to make boats. Chop insides into small 1/4" pieces and place in colander over a plate or in the sink.
  3. Salt eggplant pieces. Salt eggplant halves (boats) and place cut side down in colander.

Allow eggplant to drain for 40 minutes to 2 hours.

4. Rinse pieces and each eggplant boat under cold water.
5. Prepare filling: Sauté onions and sausage until golden brown. Add tomato sauce, eggplant pieces and garlic. Simmer for 20 minutes.
6. Allow stuffing to cool. Add mozzarella and mix well.
7. Place 4 eggplant shells into the basket.
8. Set Air Fryer to 350° and air fry for 15 minutes.
9. Remove par-cooked eggplant boats. Brush insides with olive oil and sprinkle salt and pepper to taste.
10. Stuff eggplant boats and top with Parmesan cheese.
11. Add 2 stuffed eggplant boats to the frying basket.
12. Set Air Fryer to 400° and air fry for 10 minutes.
13. Check eggplant with a fork. Remove cooked eggplant boats from frying basket, or replace frying basket and set timer to air fry for 5 minute intervals until fully cooked.
14. Repeat with 2 remaining stuffed boats.

### **Air Fried Bacon Topped Meatloaf.**

- 1 lb. ground beef, 80/20.
- 2/3 cup Italian bread crumbs.
- 1/4 cup ketchup.
- 1 teaspoon salt.
- 1 teaspoon pepper.
- 1 tablespoon dried onion.
- 1 egg, beaten.
- 2 strips thin sliced bacon.
- barbeque sauce of your choice.

1. Combine meatloaf ingredients in a medium mixing bowl.
2. Shape into a 6" loaf.
3. Add to frying basket.
9. Set Air Fryer to 350° and air fry for 20 minutes.
4. An audible beep can be heard when the air frying time has expired.

5. Cut bacon strips in half and add to top of meatloaf. Brush with your favorite barbeque sauce. Replace frying basket.

6. Set timer to air fry for 15 minutes.

7. Test meatloaf for doneness. Remove from frying basket, or replace frying basket and set timer to air fry for 5 minute intervals until fully cooked.

## **Francheezie Sliders.**

Makes: 12 Sliders.

- 6 rashers bacon.
- 4 hot dogs.
- 1/4 cup shredded cheddar cheese.
- 12 Hawaiian dinner rolls.
- Cut each hot dog into 3 equal pieces.

Cut each rasher of bacon in half.

1. Cut each hot dog into 3 equal pieces. Cut each rasher of bacon in half.
2. Split tops of hot dogs and pull slightly to open.
3. Add a pinch of shredded cheddar cheese. Wrap in 1/2 piece of bacon.
4. Set Air Fryer to 350° and air fry for 15 minutes.

## **Air Fried Sweet Potato Chips.**

- 1 large sweet potato.
  - 2 teaspoons vegetable oil.
  - cinnamon sugar or brown sugar, optional.
1. Wash the sweet potato and peel if desired.
  2. If available, use a mandolin to cut thin and even potato chips.
  3. To cut by hand, first cut potato in half, and with the flat side on the cutting board, hand cut into very thin chips.
  4. Place vegetable oil into a large bowl. Add raw potatoes and use your hands to mix well, making sure every chip is oiled on all sides.
  5. Transfer oiled chips to the frying basket.
  6. Set Air Fryer to 325°F and air fry for 15 minutes. Shake the frying basket/drawer vigorously halfway through air fry time.

7. Increase heat to 350°F and air fry for 10 minutes. Shake the frying basket/drawer vigorously halfway through air fry time.

8. Remove from Air Fryer. Sprinkle hot potatoes with cinnamon sugar or brown sugar for a special sweet treat.

### **Air Fried Chicken Tenders.**

- 1 -1-1/4 lb. chicken tenders. (8 tenders per package)
- 1 tablespoon mayonnaise.
- 1 tablespoon honey mustard.
- 1/2 – 3/4 cup panko bread crumbs, seasoned.
- Spray olive oil.

1. Use chicken tenders whole or cut 8 chicken tenders into pieces.

2. Set up 2-bowl breading station:

- Add mayonnaise and honey mustard to a small bowl. Mix well.
- Add bread crumbs to a plate; place it next to the mayonnaise bowl.

3. Working one piece at a time, use a brush or knife to apply honey mustard on both sides of the chicken. Dip and use a fork to press and coat both sides with panko bread crumbs.

4. Add 4 breaded chicken tenders (half the chicken) to the air frying basket. Allow air circulation on all sides of each chicken piece for best browning.

5. Spray with olive oil. (optional)

6. Set Air Fryer to 350°F and air fry for 12 minutes. Turn chicken at 6 minutes.

7. Set Air Fryer to 400°F and continue to air fry for 6 minutes. Turn chicken at 3 minutes.

8. Repeat with remaining chicken.

### **Fish & Chips.**

Makes 12 nuggets.

Serves 3 to 4.

Treat your family to a delicious Fish & Chips dinner. These sweet and juicy catfish nuggets are crunchy good and pair fabulously with fresh hand cut French fries (recipe follows).

Serve with fresh slaw and the meal is complete!

- 1 catfish filet.
- 1/2 cup flour.
- 1 tablespoon Old Bay® seasoning.

- 1 egg + 1 egg white.
  - 1 cup seasoned panko bread crumbs.
  - olive oil spray.
1. Cut the catfish into strips approximately 1-inch by 2.5-inches in length.
  2. Season each piece of fish, top and bottom, with Old Bay® seasoning.
  3. Set up 3-bowl breading station:
    - Flour.
    - Whisk egg and egg white until well blended.
    - Panko bread crumbs.
  4. Place each piece of catfish into the flour. Pat gently with your hands to remove any excess.
  5. Dip both sides into egg.
  6. Dip and use a fork to press and coat both sides with panko bread crumbs.
  7. Add 4 to 6 pieces to air frying basket. Allow air circulation on all sides of each fish piece for best browning.
  8. Spray with olive oil. (optional)
  9. Set Air Fryer to 400°F and air fry for 8 to 10 minutes. Turn fish at 5 minutes.
  10. Repeat with remaining fish.

## **Chips (Fresh Hand Cut French Fries)**

Serves 3 to 4.

- 2 russet potatoes.
- 4 teaspoons vegetable oil.
- Kosher salt, to taste.

Brine.

- 6 to 8 cups water
- 4 tablespoons salt.

1. Cut potatoes into 1/4" x 1/4" French fries. Two medium potatoes will yield 4 cups raw cut potatoes. It is best to fry in 2 batches.
2. Soak potatoes in brine for 1 hour to overnight.
3. Dry on clean kitchen towel.

4. Place 4 teaspoons of vegetable oil into a large bowl. Add raw potatoes and use your hands to mix well, making sure every potato is oiled on all sides.
5. Transfer oiled potatoes to the frying basket.
6. Set Air Fryer to 325°F and air fry for 15 minutes. Shake the frying basket/drawer vigorously halfway through air fry time.
7. Increase heat to 350°F and air fry for 10 minutes. Shake the frying basket/drawer vigorously halfway through air fry time.
8. Remove from Air Fryer and add Kosher salt, or your choice of seasonings, to taste.
9. Repeat with remaining potatoes.

### **Air Fried Chicken Wings 2 Ways.**

- 6 fresh or frozen (thawed) chicken wings.
- olive oil spray.

Brine.

- 2 cups water.
- 1/4 cup Ponzu.
- 1 tangerine (may substitute orange or any citrus)

1. Trim chicken wings into drumettes, flats, tips.

HINT: Save/Freeze wing tips for soups or stocks for later use.

2. Add chicken and brine to a bowl or resalable container. Refrigerate for 1 hour to overnight.
3. Drain chicken wings and discard brine.
4. Place wings on a clean kitchen towel and wrap to dry. Naked Air Fried Chicken Wings.
5. Set Air Fryer to 325°F and air fry for 15 minutes. Turn wings over.
6. Increase temperature to 350°F for 10 minutes. Breaded Air Fried Chicken Wings.
7. Set up 3-bowl breading station:
  - Add Old Bay seasoning to flour.
  - Whisk egg and egg white until well blended.
  - Add panko bread crumbs.
8. Place each wing piece into the flour. Pat gently with your hands to remove any excess.
9. Dip both sides into egg.
10. Dip and use a fork to press and coat both sides with panko bread crumbs.
11. Add to air frying basket.

12. Spray with olive oil.
13. Set Air Fryer to 325°F and air fry for 15 minutes. Turn wings over.
14. Increase temperature to 350°F for 10 minutes.

### **Air Fried Donuts and Donut Holes.**

- 1 can pre-made (refrigerated) buttermilk biscuits.
- cinnamon sugar or powdered sugar.
- jelly, jam, fruit preserves of your choice.

#### **Plain (unfilled) donuts:**

1. Use an overturned glass or cookie cutter to make donuts out of biscuit dough. Use a small cap or hand cut the center hole.

#### **Filled donuts:**

2. On a clean working surface, stretch dough and add 1 teaspoon filling. Encase the filling and shape into a slightly flattened ball.
3. Set Air Fryer to 350°F and air fry for 8 minutes. Turn donuts over at 4 minutes.
4. Sprinkle warm donuts with sugar and serve fresh donuts warm out of the frying basket.
5. If desired, prepare vanilla and/or chocolate drizzle and add to warm, freshly air fried donuts.

### **Apple Turnovers with Vanilla Drizzle.**

Makes 6 large turnovers.

- 1 frozen, prepared puff pastry sheet, thawed.
- 3/4 cups apple pie filling (or any prepared flavor of your choice)
- 1/2 teaspoon cinnamon.
- 3 teaspoons golden raisins (optional)

Vanilla\* Drizzle.

- 1/2 cup confectioner's sugar.
- 1 tablespoon milk.
- 1/4 teaspoon vanilla\* extract.

Chocolate Drizzle.

- 1/2 cup confectioner's sugar.
- 2 tablespoons cocoa powder (unsweetened)

- 1 tablespoon milk.
- 1/4 teaspoon vanilla\* extract.

1. Prepare icings to drizzle on turnovers. Combine ingredients in a small bowl and mix well.

\*May substitute caramel, maple, almond, lemon, or orange extract.

1. Unfold thawed puff pastry sheet onto a lightly floured surface.
2. Using a sharp knife, cut puff pastry sheet down the middle, and then into thirds to make 6 (5-in. x 5-in.) squares.
3. Spoon 2 tablespoons filling into the center of each square.
4. Fold pastry over the filling to form a triangle. Crimp edges with a fork to seal. Add 2 large turnovers to the frying basket.
5. Set Air Fryer to 400° and air fry for 10 minutes.
6. Remove turnover from frying basket. Allow to cool.
7. Repeat with 4 remaining turnovers.
8. Use a small spoon to drizzle vanilla in a zig zag pattern over the top.

\*May substitute any flavor prepared canned pie filling.

**Variation: Cherry Turnovers with Chocolate Drizzle.**

1. Follow the turnover recipe above. Use cherry pie filling.
2. Drizzle with chocolate icing.
3. Serve warm turnovers topped with your favorite ice cream.

**Air Fried Oreos.**

- 1 pack pre-made (refrigerated) buttermilk biscuits.
- 16 Oreo cookies (or any other sandwich cookie of your choice)
- cinnamon sugar.

1. Flatten biscuit dough with your hands and stretch to fit around cookie.

NOTE: If you are using “Jumbo” or “Grand” sized dough, you may get 2 cookies per pre-cut biscuit.

2. Sprinkle outstretched dough with cinnamon sugar.
3. Add one cookie to the middle of the dough and wrap dough to encase.
4. Set Air Fryer to 350°F and air fry for 8 minutes. Turn cookies over at 4 minutes.



## Limited TWO-YEAR Warranty

SENSIO Inc. hereby warrants that for a period of TWO YEARS from the date of purchase, this product will be free from mechanical defects in material and workmanship, and for 90 days in respect to non-mechanical parts. At its sole discretion, SENSIO Inc. will either repair or replace the product found to be defective, or issue a refund on the product during the warranty period.

The warranty is only valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt, as proof of purchase is required to obtain warranty validation. Retail stores selling this product do not have the right to alter, modify, or in any way revise the terms and conditions of the warranty.

### EXCLUSIONS:

The warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use of the product, use of improper voltage or current, improper routine maintenance, use contrary to the operating instructions, disassembly, repair, or alteration by anyone other than qualified SENSIO Inc. personnel. Also, the warranty does not cover Acts of God such as fire, floods, hurricanes, or tornadoes.

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### HOW TO OBTAIN WARRANTY SERVICE:

You must contact Customer Service at our toll-free number: 1-866-832-4843.

A Customer Service Representative will attempt to resolve warranty issues over the phone. If the Customer Service Representative is unable to resolve the problem, you will be provided with a case number and asked to return the product to SENSIO Inc. Attach a tag to the product that includes: your name, address, daytime contact telephone number, case number, and description of the problem.

Also, include a copy of the original sales receipt. Carefully package the tagged product with the sales receipt, and send it (with shipping and insurance prepaid) to SENSIO Inc.'s address. SENSIO Inc. shall bear no responsibility or liability for the returned product while in transit to SENSIO Inc.'s Customer Service Center.

#### Warning

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