

# Oster®

TITANIUM INFUSED  
**DURACERAMIC™**  
NATURAL CERAMIC NON-STICK COATING



## Air Fryer Freidora de Aire


Instruction Manual & Recipe Book

Manual de Instrucciones & Libro de Recetas

[www.oster.com](http://www.oster.com)

## recipes - fish and seafood dishes

### **Breaded Haddock Goujons with Lemon Mayonnaise** (serves 3-4)


- 3 boned haddock fillets, skins removed
  - 7oz white bread crumbs
  - 2.6oz plain flour
  - Salt and freshly ground pepper
  - 2 eggs, beaten
  - 2 tbsp of fresh chopped parsley
  - 1  of sunflower oil
  - 300ml mayonnaise
  - 3 tsp of lemon juice
  - 2 tsp of finely grated lemon zest
  - 1 clove garlic, crushed
1. Using a sharp knife, carefully slice the haddock fillets into 2cm wide strips.
  2. Place the bread crumbs, eggs and flour separately into individual dishes, season the flour and sprinkle the bread crumbs with the herbs.
  3. Place the haddock goujons into the flour dish and toss until coated, shake off the excess flour and then dip them into the beaten egg. Next, toss the goujons in the bread crumbs until completely coated.
  4. Flatten the goujons carefully on a flat surface using the palm of your hand.
  5. Place the goujons into the bowl and drizzle over the oil. Cook on the dual heat mode setting for 15-20 minutes with your Air Fryer in the Level position. Turn the goujons half way through cooking.
  6. To make the lemon mayonnaise, mix the mayonnaise with the lemon juice, lemon zest and garlic. Spoon into a suitable serving dish.
- Serve the goujons with the mayonnaise dip and a salad of your choice.

### **Baked Salmon with a Parmesan Crust** (serves 2)

- 2 salmon fillets, boned
  - 2 slices of bread, 1 or 2 days old is the best
  - 1 cloves of garlic
  - 1.7oz parmesan cheese
  - 0.7oz soft spread (low-fat margarine, etc.)
  - 1 tbsp of fresh basil
  - 1 tbsp of fresh parsley
  - Salt and freshly ground black pepper
1. Insert the roasting rack into your Air Fryer. Lightly oil the rack.
  2. Place the bread, garlic, parmesan cheese and herbs into a food processor or mini chopper and process into a fine bread crumb consistency. Rub or pulse in the soft spread, season.
  3. Place the salmon fillets onto the grill rack, skin side down, and lightly brush with olive oil.
  4. Set the timer for 10-15 minutes (depending on the thickness of the fillets) and cook on the dual heat mode setting with your Air Fryer in the Level position.
  5. Open the lid and cover the top of each salmon fillet with the bread crumb mixture.
  6. Set the timer for 5-10 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position until the topping is golden.
- Delicious served with our Roasted Mediterranean Vegetable recipe

## recipes - fish and seafood dishes

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  2. Place the bread crumbs, eggs and flour separately into individual dishes, season the flour and sprinkle the bread crumbs with the herbs.
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  4. Flatten the goujons carefully on a flat surface using the palm of your hand.
  5. Place the goujons into the bowl and drizzle over the oil. Cook on the dual heat mode setting for 15-20 minutes with your Air Fryer in the Level position. Turn the goujons half way through cooking.
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  - 1 tbsp of fresh parsley
  - Salt and freshly ground black pepper
1. Insert the roasting rack into your Air Fryer. Lightly oil the rack.
  2. Place the bread, garlic, parmesan cheese and herbs into a food processor or mini chopper and process into a fine bread crumb consistency. Rub or pulse in the soft spread, season.
  3. Place the salmon fillets onto the grill rack, skin side down, and lightly brush with olive oil.
  4. Set the timer for 10-15 minutes (depending on the thickness of the fillets) and cook on the dual heat mode setting with your Air Fryer in the Level position.
  5. Open the lid and cover the top of each salmon fillet with the bread crumb mixture.
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## recipes - chicken dishes


### Prosciutto Wrapped Chicken (serves 2)

- 2 chicken breasts, skin removed
- Zest of one lemon
- 4-6 slices of prosciutto
- 1 tsp fresh thyme
- ½ garlic clove, finely chopped
- Olive oil

1. Insert the roasting rack into your Air Fryer. Lightly oil the rack.
2. Place each chicken breast between cling film and use a rolling pin to gently beat the breast until it is evenly flattened to about 2cm thick.
3. Remove the flattened chicken breast from cling film and drizzle with a little olive oil. Sprinkle with the garlic, lemon zest and a pinch of the fresh thyme.
4. Wrap the prosciutto carefully around the breast so that the join is underneath and the whole breast is wrapped in the ham.
5. Lightly oil the chicken and carefully place it onto the rack with the join of the ham on the underside.
6. Set the timer for 20-25minutes and cook on the dual heat mode setting with your Air Fryer in the Level position. Carefully turn the chicken over half way through the cooking cycle.

Delicious served sliced on the diagonal with some freshly cooked pasta drizzled with pesto. Garnish with torn basil leaves and ground black pepper.

### Thai Green Chicken Curry (serves 4)

- 1 small onion, thinly sliced
- 1 stalk lemongrass
- 3-4 tsp Green Thai curry paste
- 3 boneless and skinless chicken breasts, cut into bite-size pieces
- 1 tbsp fish sauce
- 1 tsp brown sugar
- 4 freeze-dried Kaffir lime leaves (optional)\*
- 400ml can coconut milk
- 20g pack fresh coriander
- ½  of vegetable oil

\*Kaffir lime leaves are now widely available in most good supermarkets.

1. Very finely slice the lemongrass, starting at the thinner end and stopping towards the base when it gets tough (often described as 'woody' and white in the centre).
2. Place the sliced onion and chopped lemongrass in the inner bowl. Drizzle with the vegetable oil. Set the timer for 5 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until the onions begin to soften. Add the chicken pieces and the Thai paste and cook for a further 5-6 minutes.
3. Place your Air Fryer into the Level position. Add the fish sauce, sugar, kaffir lime leaves and coconut milk and carry on cooking for a further 15 minutes until the chicken is cooked through. Open the lid and stir occasionally.
4. While the chicken is cooking, strip the leaves from the coriander stalks, gather into a pile and roughly chop. Taste the curry and adjust the seasoning. Stir half the coriander into the curry and sprinkle the rest over the top.

Delicious served with Thai, jasmine or basmati rice.

## recipes - chicken dishes


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- Zest of one lemon
- 4-6 slices of prosciutto
- 1 tsp fresh thyme
- ½ garlic clove, finely chopped
- Olive oil

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### Thai Green Chicken Curry (serves 4)




- 1 small onion, thinly sliced
- 1 stalk lemongrass
- 3-4 tsp Green Thai curry paste
- 3 boneless and skinless chicken breasts, cut into bite-size pieces
- 1 tbsp fish sauce
- 1 tsp brown sugar
- 4 freeze-dried Kaffir lime leaves (optional)\*
- 400ml can coconut milk
- 20g pack fresh coriander
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3. Place your Air Fryer into the Level position. Add the fish sauce, sugar, kaffir lime leaves and coconut milk and carry on cooking for a further 15 minutes until the chicken is cooked through. Open the lid and stir occasionally.
4. While the chicken is cooking, strip the leaves from the coriander stalks, gather into a pile and roughly chop. Taste the curry and adjust the seasoning. Stir half the coriander into the curry and sprinkle the rest over the top.

Delicious served with Thai, jasmine or basmati rice.

### Creamy Chicken Korma (serves 4)

- 3 chicken breasts, cubed
- ½  of olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1cm piece of ginger, finely chopped
- ½  of Garam Masala
- 200ml chicken stock
- 100ml coconut milk
- 1 heaped  of toasted sliced almonds
- Chopped fresh coriander

1. Place the chicken pieces into the inner bowl and drizzle with the olive oil.
2. Set the timer for 35 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position.
3. After approx 10 minutes, add the onion, garlic, ginger and garam masala and cook for a further 10 minutes. Stir halfway through.
4. Place your Air Fryer into the Level position. Add the stock, coconut milk and almonds, stir well and continue to cook for the remainder of the time, occasionally stir.
5. Sprinkle with the coriander and serve with steamed rice and warm Naan bread.




### Creamy Steak Stroganoff (serves 4)

- 1  of olive oil
- 1 lb of lean frying steak thinly cut into strips,
- 1 onion, finely diced
- 1 clove of garlic, finely chopped
- 3.5oz button mushrooms, finely sliced
- 1  brandy
- ½  of Worcestershire sauce
- 150ml hot beef stock
- ½  of Dijon mustard
- ½  of freshly chopped parsley
- 1.5oz plain flour
- 110ml soured cream

1. Set the timer for 35 minutes.
2. Place the steak strips into the inner bowl, drizzle with the oil and cook on the dual heat mode setting for 10 minutes with your Air Fryer in the Tilt position.
3. Add the onions, garlic and mushrooms, stir and cook for a further 10 minutes.
4. Add the brandy, stir and allow to cook for a further few minutes until bubbling away.
5. Place your Air Fryer into the Level position. Sprinkle the flour over the mixture then add the mustard, Worcestershire sauce and stock and stir to combine.
6. Allow to cook for the remainder of the cooking time (approx. 10 minutes).
7. Season if required, then stir in the cream.

Serve with freshly cooked pasta or creamy mashed potato.

### Creamy Chicken Korma (serves 4)

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- ½  of olive oil
- 1 onion, finely chopped
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- 200ml chicken stock
- 100ml coconut milk
- 1 heaped  of toasted sliced almonds
- Chopped fresh coriander

1. Place the chicken pieces into the inner bowl and drizzle with the olive oil.
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3. After approx 10 minutes, add the onion, garlic, ginger and garam masala and cook for a further 10 minutes. Stir halfway through.
4. Place your Air Fryer into the Level position. Add the stock, coconut milk and almonds, stir well and continue to cook for the remainder of the time, occasionally stir.
5. Sprinkle with the coriander and serve with steamed rice and warm Naan bread.

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6. Allow to cook for the remainder of the cooking time (approx. 10 minutes).
7. Season if required, then stir in the cream.

Serve with freshly cooked pasta or creamy mashed potato.

### ☺ **Beef and Caramelized Red Onion Burgers** (makes 4)

- 1lb of good quality minced beef
- 1 small red onion, finely chopped
- 1 tsp of brown sugar
- 1 tsp of dried mixed herbs
- 1 egg, beaten
- Handful of coriander leaves, chopped

*To serve:* Bread rolls, cheese slices, sliced tomatoes, lettuce and ketchup

1. In a frying pan gently sauté the chopped red onion on a low/medium heat with the olive oil and brown sugar for 5 minutes. Remove from the heat and set aside to cool.
2. Work the mince together in a bowl with the caramelized onions and the beaten egg. You want to combine the mixture so that all the ingredients are mixed but don't make it too mushy and soft.
3. Stir in the chopped coriander and the dried herbs. Season to taste.
4. Take a handful of the mixture and form it into a burger shape. The mixture should make about 4 burgers. The thicker they are, the longer they will take to cook through.
5. Lay each burger on a board that has been covered in cling film and then cover them.
6. Put them in the fridge to chill for approximately 1 hour. This will help them to maintain their shape while cooking.
7. When you are ready to cook the burgers, place them onto the lightly oiled roasting rack.
8. Cook for 15-20 minutes on the grill mode setting with your Air Fryer in the Level position carefully turning them over half way through the cooking cycle.

Serve the burgers on the bread rolls with cheese, tomato, lettuce and ketchup.

### ☺ **Spicy Lamb Burgers** (makes 4)

- 1lb of lean lamb mince
- ½ red onion, finely chopped
- 1 egg, beaten
- 1 tablespoon of mango chutney
- Handful of fresh coriander leaves, chopped
- ½ red chilli, deseeded and chopped
- 1 garlic clove, crushed
- ½ tsp of cumin
- ½ tsp of ground coriander

*To serve*

- 4 mini Ciabattas
- Mint, chopped
- Thick greek yogurt
- 1 cucumber, finely chopped

1. In a frying pan, gently sauté the chopped red onion on a low/medium heat with a splash of vegetable oil until softened. Set aside to cool.
2. In a bowl work together the lamb mince with the beaten egg.
3. Stir in the cooked onion, mango chutney, coriander leaves, chilli, garlic and the spices.
4. Work the mixture together using your hands then pat the mixture into burger shapes.
5. Place them on a cling film lined tray and cover. Chill them in the fridge for about 1 hour.
6. Lightly oil the roasting rack. Place the burgers onto the rack and brush with olive oil.
7. Cook for 15-20 minutes on the grill mode setting with your Air Fryer in the Level position carefully turning them over half way through the cooking cycle. Check that the burgers are thoroughly cooked through.
8. In a separate bowl, mix together the Greek yogurt, chopped cucumber and the mint.
9. Place the ciabatta under a grill for 1-2 minutes until it is lightly toasted. Serve the lamb burgers on the Ciabatta topped with the lettuce and yogurt dressing.



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- 1 small red onion, finely chopped
- 1 tsp of brown sugar
- 1 tsp of dried mixed herbs
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- Handful of coriander leaves, chopped

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- Mint, chopped
- Thick greek yogurt
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3. Stir in the cooked onion, mango chutney, coriander leaves, chilli, garlic and the spices.
4. Work the mixture together using your hands then pat the mixture into burger shapes.
5. Place them on a cling film lined tray and cover. Chill them in the fridge for about 1 hour.
6. Lightly oil the roasting rack. Place the burgers onto the rack and brush with olive oil.
7. Cook for 15-20 minutes on the grill mode setting with your Air Fryer in the Level position carefully turning them over half way through the cooking cycle. Check that the burgers are thoroughly cooked through.
8. In a separate bowl, mix together the Greek yogurt, chopped cucumber and the mint.
9. Place the ciabatta under a grill for 1-2 minutes until it is lightly toasted. Serve the lamb burgers on the Ciabatta topped with the lettuce and yogurt dressing.

## recipes - side dishes and snacks


### **Perfect Homemade Fries** (serves 4)

- 28oz of potatoes
  - ½  of vegetable oil
  - Salt to serve
1. Peel the potatoes and chip them into approximately 11-13 mm wide fries with a sharp knife.
  2. Rinse them twice to remove the starch and completely cover them with water until you are ready to cook them.
  3. When you are ready to cook them, drain the fries and pat them dry to remove the excess moisture.
  4. Place the fries into the inner bowl and drizzle with the vegetable oil.
  5. Set the timer for 25 to 30 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until they are golden and crisp.
  6. Sprinkle the fries with salt if required and serve hot.

### **Cajun-Style Potatoes** (serves 4)

- 28oz of small potatoes, skins left on but well washed
  - 1  of olive oil
  - 1 clove garlic, chopped
  - 1  of Cajun spices
  - Salt and freshly ground black pepper
1. Cut the potatoes into halves, using a sharp knife. Rinse them twice to remove the starch then completely cover with water until you are ready to cook them.
  2. When you are ready to cook them, drain and pat the potatoes dry with kitchen paper.
  3. Coat them with the oil, Cajun spices and the chopped garlic.
  4. Set the timer for 35 to 40 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until they are golden and crisp.

### **Perfect Roasted New Potatoes** (serves 4)

- 28oz new potatoes, halved but with the skins still on
  - 1  of olive oil
  - Salt and Pepper
1. Place the new potatoes into the bowl and drizzle over the oil. Season.
  2. Set the timer for 35 to 40 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until they are golden and crisp.

### **Cheesy Nacho's with Spicy Tomato Salsa**

- 1 large bag of plain nachos
  - 3.5oz of cheddar cheese
  - ½ green chill, deseeded and sliced
  - Sour cream, salsa and Guacamole to serve
1. Evenly scatter the nachos over the bottom of the inner bowl.
  2. Sprinkle the nachos with cheese and the green chilli
  3. Set the timer for 5 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position until the cheese has melted.
  4. Serve the nachos topped with the spicy tomato salsa, sour cream and guacamole.


### **Stuffed Jacket Potatoes with Sweetcorn and Peppers** (serves 4)

- 2 medium jacket potatoes, cleaned with the skins still on
  - 1.8oz strong cheddar cheese, grated
  - 1.8oz sweetcorn
  - 1.8oz finely diced mixed peppers
  - 0.5oz butter or low-fat spread
  - Salt and Pepper
  - Small handful of fresh herbs, such as basil or thyme.
1. Prick the potatoes all over and rub them with a little oil to coat.
  2. Set the timer for 55-60 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position until the potatoes are soft when they are squeezed.
  3. Carefully slice the cooked potatoes in half lengthways. Wear oven gloves and be careful not to tear the skin.
  4. Remove the potato from the skins using a spoon and add to a large mixing bowl. Set the potato skins to one side.
  5. Add the butter, sweetcorn, peppers, herbs and ¾ of the cheese to the mixing bowl. Use a fork to combine the mixture then season.
  6. Spoon the mixture back into the potato skins and sprinkle with the remaining cheese
  7. Gently place the potatoes back into the bowl and cook for a further 15 minutes on the dual heat mode setting with your Air Fryer in the Level position until the cheese turns crispy and golden.



Delicious served with a fresh, crispy salad and coleslaw.

## recipes - side dishes and snacks


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1. Peel the potatoes and chip them into approximately 11-13 mm wide fries with a sharp knife.
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  3. When you are ready to cook them, drain the fries and pat them dry to remove the excess moisture.
  4. Place the fries into the inner bowl and drizzle with the vegetable oil.
  5. Set the timer for 25 to 30 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until they are golden and crisp.
  6. Sprinkle the fries with salt if required and serve hot.

### **Cajun-Style Potatoes** (serves 4)

- 28oz of small potatoes, skins left on but well washed
  - 1  of olive oil
  - 1 clove garlic, chopped
  - 1  of Cajun spices
  - Salt and freshly ground black pepper
1. Cut the potatoes into halves, using a sharp knife. Rinse them twice to remove the starch then completely cover with water until you are ready to cook them.
  2. When you are ready to cook them, drain and pat the potatoes dry with kitchen paper.
  3. Coat them with the oil, Cajun spices and the chopped garlic.
  4. Set the timer for 35 to 40 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until they are golden and crisp.

### **Perfect Roasted New Potatoes** (serves 4)

- 28oz new potatoes, halved but with the skins still on
  - 1  of olive oil
  - Salt and Pepper
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  2. Set the timer for 35 to 40 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position until they are golden and crisp.

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  - ½ green chill, deseeded and sliced
  - Sour cream, salsa and Guacamole to serve
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  2. Sprinkle the nachos with cheese and the green chilli
  3. Set the timer for 5 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position until the cheese has melted.
  4. Serve the nachos topped with the spicy tomato salsa, sour cream and guacamole.

### **Stuffed Jacket Potatoes with Sweetcorn and Peppers** (serves 4)

- 2 medium jacket potatoes, cleaned with the skins still on
  - 1.8oz strong cheddar cheese, grated
  - 1.8oz sweetcorn
  - 1.8oz finely diced mixed peppers
  - 0.5oz butter or low-fat spread
  - Salt and Pepper
  - Small handful of fresh herbs, such as basil or thyme.
1. Prick the potatoes all over and rub them with a little oil to coat.
  2. Set the timer for 55-60 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position until the potatoes are soft when they are squeezed.
  3. Carefully slice the cooked potatoes in half lengthways. Wear oven gloves and be careful not to tear the skin.
  4. Remove the potato from the skins using a spoon and add to a large mixing bowl. Set the potato skins to one side.
  5. Add the butter, sweetcorn, peppers, herbs and ¾ of the cheese to the mixing bowl. Use a fork to combine the mixture then season.
  6. Spoon the mixture back into the potato skins and sprinkle with the remaining cheese
  7. Gently place the potatoes back into the bowl and cook for a further 15 minutes on the dual heat mode setting with your Air Fryer in the Level position until the cheese turns crispy and golden.

Delicious served with a fresh, crispy salad and coleslaw.



## recipes - side dishes and snacks

### **Stuffed Jacket Potatoes with Antipasto and Pancetta** (serves 4)

- 2 medium jacket potatoes, cleaned with the skins still on
  - 2oz soft cheese flavoured with garlic and herbs
  - 0.3oz grated parmesan
  - 1 chargrilled pepper finely sliced (these can be bought ready cooked in jars)
  - 3 pancetta rashers, cooked until crisp, crumbled
  - Salt and pepper
  - Pesto (optional)
1. Prick the potatoes all over and rub them with a little oil to coat.
  2. Set the timer for 55-60 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position until the potatoes are soft when they are squeezed.
  3. Carefully slice the cooked potatoes in half lengthways. Wear oven gloves and be careful not to tear the skin.
  4. Remove the potato from the skins using a spoon and add to a large mixing bowl. Set the potato skins to one side.
  5. Using a fork break down the potato adding the soft cheese, chargrilled pepper, pancetta and seasoning.
  6. Spoon the mixture back into the potato skins and sprinkle with the remaining cheese
  7. Top with the grated parmesan and cook for a further 15 minutes on the dual heat mode setting with your Air Fryer in the Level position until golden and piping hot.

Serve drizzled with pesto (optional).


### **Roasted Mediterranean Vegetables** (serves 4)

- 1 small aubergine, diced
  - 2 courgettes, thickly sliced or diced
  - 1 medium carrot, diced
  - 1 large red onions, cut into chunks
  - 1 red pepper, diced
  - 3.5oz button mushrooms, wiped
  - 1 tsp dried mixed herbs
  - 1 large clove garlic, finely chopped
  - ½  of honey
  - 1  of olive oil
  - Salt and pepper
1. Place the vegetables into the inner bowl along with the garlic and herbs. Drizzle over the oil and honey.
  2. Set the timer for 25-30 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position.

Delicious served with some oven baked fish or our Parmesan Crusted Salmon.

### **Roasted Root Vegetables** (serves 4)

Perfect as an accompaniment to your Sunday roast The vegetables should be cut to a similar size. For those vegetables where only half is required, why not use up the extra half in a tasty homemade soup.

- 2 medium carrots, peeled, halved lengthways and cut into chunks
  - 2 parsnips, peeled, halved lengthways and cut into chunks
  - ½ small butternut squash, de-seeded, peeled and cut to a similar size as above
  - ½ small celeriac, peeled and cut as above
  - 1 tsp cumin seeds, ground
  - 1 tsp ground coriander
  - 1  of vegetable oil
  - Salt and pepper
1. Place the vegetables into the inner bowl and drizzle with the oil. Add the spices, salt and pepper and stir well to combine.
  2. Set the timer for 30-35 minutes and cook on the dual heat mode setting with your Air Fryer in the Tilt position.

Serve with your favourite roast meat or grilled chicken for an alternative to your usual vegetables.

For an extra spicy twist, drizzle with a little runny honey and a scattering of dried crushed chilli.


 **Vegetable Burgers** (makes 4) 

- 1lb canned chickpeas, drained and rinsed
- 1 medium onion, grated
- 1 medium carrot, grated
- 1 red chilli, finely chopped
- 5cm (2 inch) piece fresh ginger, grated
- bunch fresh coriander, roughly chopped
- 1 medium egg, beaten
- 2 tbsp fresh breadcrumbs
- Vegetable oil
- 4 burger buns

*To serve*

- tomato ketchup, mustard, fried onions and coleslaw
1. In a large bowl, mash the chickpeas with a fork until smooth (or process using a hand blender). Add the onion, carrot, chilli, ginger and chopped coriander and mix together well until combined. If you are using a hand blender, a few pulses combines this mixture perfectly.
  2. Add the beaten egg and breadcrumbs and mix together well. Season with a little salt and pepper to taste.
  3. Divide the mixture equally into four portions. Roll each portion into balls about the size of a tennis ball. Flatten slightly into patties about 2cm thick using the palms of your hands. Make sure all the burgers are the same thickness.
  4. Transfer the burgers to a plate, cover with cling film and chill in the fridge for 30-60 minutes.
  5. Lightly brush the roasting rack with vegetable oil and carefully place the burgers on top. Brush the burgers with a little vegetable oil then cook on the grill mode setting with your Air Fryer in the Level position for about 15 minutes carefully turning half way through cooking.
  6. To serve, slice the buns in half and place one burger inside each. Top with your choice of accompaniment.

 **Goat Cheese Stuffed Mushrooms** (serves 4) 

- 4 large flat mushrooms
  - 1½  of olive oil
  - 1 red onion, finely chopped and lightly cooked till softened
  - 6 tablespoons of white bread crumbs
  - 1 clove of garlic, crushed
  - 2.7oz of goat's cheese, crumbled
  - 1 tbsp toasted pine nuts
  - 1 tbsp freshly chopped parsley
  - Freshly ground black pepper
1. In a bowl, mix together half of the oil with the onions, bread crumbs, parsley, garlic, pine nuts, crumbled goat's cheese and some freshly ground pepper.
  2. Place the mushrooms upside down onto the lightly oiled roasting rack and spoon the goat's cheese mixture into them. Drizzle with the remaining oil and cook for approx 15-20 minutes on the dual heat mode setting with your Air Fryer in the Level position.


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 **Individual Cupcakes** (makes 8 cooked in 2 batches)

- 3.5oz softened butter or margarine
  - 3.5oz caster sugar
  - 2 eggs
  - Few drops of vanilla essence
  - 3.5oz self raising flour
  - ½ tsp baking powder
1. Place all the ingredients into a bowl and use a hand mixer to whisk all the ingredients together until a light creamy mixture is achieved.
  2. Fill 6-8 silicone cupcake moulds half full with the cake mixture.
  3. Place the cakes inside the inner bowl and close the lid. Set the timer for 11 minutes and cook on the dual heat mode setting with your Air Fryer in the Level position.
  4. Once cooked, carefully remove the inner bowl and place it onto a roasting rack to cool.
  5. After 5 minutes remove the cakes from the inner bowl and cool them for a further 15 minutes on the roasting rack before decorating.

*Tip:* To stop your cakes from sliding around the inner bowl, cut out a piece of foil roughly the same size as the bowl. Make a slit in the centre and slide the foil over the inner bowl's central shaft. Sit your cakes on top of the foil and this will stop them sliding about.

 **Warm Tropical Fruit Salad**

- 100ml of tropical juice
  - 1oz of golden caster sugar
  - 1 teaspoon of vanilla extract
  - 1 orange, zested
  - 2 passion fruits (pulp and seeds)
  - 1 ripe mango, peeled and de-stoned
  - 1 pineapple, prepared
  - 1 kiwi, peeled, cut into chunks
  - 2 ripe peaches or nectarines, de-stoned
1. Have a bowl of iced water ready.
  2. Heat the tropical juice, sugar, vanilla, orange zest and passion fruit until the sugar has dissolved in a small pan on a low to medium heat. Quickly place the pan into the cold water so that the mixture forms a syrup.
  3. Cut the prepared fruit into slices. It is attractive to cut the pineapple into rings, the peaches or nectarines into segments and the mango into wedges but you can prepare the fruit any way you like.
  4. Place the fruit in the bowl and coat it with the syrup. Cook for approximately 5-8 minutes on the dual heat mode setting with your Air Fryer in the Level position until softened and juicy.
- Delicious served warm over pancakes with ice cream.

 **Baked Peaches With Amaretti Biscuits** (serves 2)

if you have a food processor, why not use this to chop up your biscuits and nuts!

- 1.5oz toasted hazelnuts, roughly chopped
  - 1.5oz amaretti biscuits, crushed
  - 0.8oz unsalted butter, room temperature (soft spread can also be used as a substitute)
  - 15g caster sugar
  - 1 free-range egg yolk
  - ½ lemon, juice only
  - 2 ripe peaches or nectarines
  - 1 tsp lemon zest
  - 2 tbsp thick cream
  - 2 sprigs fresh mint (optional)
  - Icing sugar (optional)
  - Raspberries (optional)
1. Mix the hazelnuts, biscuits, butter, sugar, and egg yolk in a bowl until the ingredients hold together as a rough paste.
  2. Cut each peach in half, remove the stone and pack a rounded spoonful of the filling onto each half. This should fill the cavity in the peach and cover most of the exposed half of the fruit.
  3. Place the halves onto the lightly oiled roasting rack. Cook for about 10-15 minutes on the dual heat mode setting with your Air Fryer in the Level position until cooked (the cooking time will depend on the ripeness of the fruit).
  4. To serve, place the baked peaches on to serving plates, and place a large dollop of the thick cream alongside it. Optionally, garnish with mint and a handful of fresh raspberries and dust with icing sugar.

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