



# RECIPES

AIR FRYER



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# BUFFALO CAULIFLOWER

Cooking time: 7 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

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

## 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.







# SWEET POTATO FRIES

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

- Sweet Potato ————— 300g
- 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.



# KARA-AGE

## (JAPANESE FRIED CHICKEN)

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

### Ingredients ( 2 Persons )

▪ Chicken Thigh	400g	▪ Soy Sauce	1tbsp
▪ 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.







# CLASSIC POPCORN CHICKEN

Cooking time: 12 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

▪ Chicken Thigh	200g	▪ Oil	1tsp
▪ Whipping Cream	40g	▪ Sliced Ginger	4g
▪ Breadcrumbs	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.



# KOREAN STYLE FRIED CHICKEN

Cooking time: 16 minutes

Difficulty level: ★★☆☆☆

## Ingredients ( 2 Persons )

- Chicken Wing ————— 250g
- Gochujang Paste ————— 3tbsp
- Honey ————— 2tbsp
- Mirin ————— 30ml
- Unsalted Butter ————— 25g
- Rice Vinegar ————— 1tbsp
- Soy Sauce ————— 20ml
- All-Purpose Flour ————— 10g
- Potato Starch ————— 1tbsp
- Oil ————— 1tsp
- Chili Powder ————— 1tsp
- Salt ————— 1/4tsp
- Sesame Seeds ————— 2g
- Ground Black Pepper ————— 1/4tsp
- Ginger Powder ————— 1/4tsp
- Onion Powder ————— 1/4tsp
- Garlic Powder ————— 1/4tsp

## 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 (20ml), mirin (30ml), 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.







# GARLIC AND PARM SHRIMP FRIES

Cooking time: 11 minutes

Difficulty level: ★★☆☆☆

## Ingredients ( 4 Persons )

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

## 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.







# 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-purpose Flour	30g	▪ Potato Starch	1tbsp
▪ Sriracha Sauce	2tbsp	▪ White Peppercorn	1tsp
▪ Oil	1tbsp	▪ Chilli Flakes	1tsp
▪ Garlic	10g	▪ Salt	1/4tsp
▪ Thai Red Chili	10g		

## Method

1. Mash the garlic (10g). Roughly ground the white peppercorns (1 tsp). Slice the Thai red chilies (10g). Finely chop the lemongrass (10g). Combine all 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
- All-purpose Flour — 60g
- Water — 35ml
- Sriracha Sauce — 2tbsp
- Egg — 25g
- Tapioca Starch — 2tbsp
- Oil — 1tbsp
- Baking Powder — 1/2tsp
- Chili Powder — 1tsp
- Salt — 3/4tsp
- Ground Black Pepper — 1/4tsp
- Oregano — 1/4tsp
- Ginger Powder — 1/4tsp

## Method

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







# CHINESE PORK JERKY

Cooking time: 11 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 3 Persons )

- |                        |      |                       |        |
|------------------------|------|-----------------------|--------|
| ▪ Minced Pork          | 100g | ▪ Oyster Sauce        | 1tsp   |
| ▪ Sugar                | 18g  | ▪ Sesame Seeds        | 3g     |
| ▪ Honey                | 1tsp | ▪ Soy Sauce           | 1/2tsp |
| ▪ Chinese Cooking Wine | 1tsp | ▪ 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).
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 /5 minutes.
5. When finished, cut into pieces after cooling. Serve immediately.



# BACON WRAPPED ARMADILLO EGGS

Cooking time: 20 minutes

Difficulty level: ★★★☆☆

## Ingredients ( 5 Persons )

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







# THAI STYLE FRENCH FRIES

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

- Fries ————— 180g
- Lemongrass ————— 15g
- Coriander ————— 3g
- Parmesan Cheese ——— 3g
- Salt ————— 1/2tsp
- Red Pepper Powder ——— 1/2tsp
- Monterey Powder ——— 1/2tsp

## 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 (1/2 tsp), red pepper powder (1/2 tsp), Monterey powder (1/2 tsp), 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
- Beef ————— 25g
- Shallot ————— 15g
- Cheese ————— 20g
- Frisee Lettuce ————— 10g
- Cajun Seasoning ————— 1/2tsp
- Turkey Powder ————— 1/2tsp
- Red Pepper Powder ————— 1/2tsp
- Black Pepper Powder ————— 1/2tsp

## 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 (1/2 tsp), Turkey powder (1/2 tsp), red pepper (1/2 tsp), black pepper powder (1/2 tsp). 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.







# BACON WRAPPED SCALLOPS

Cooking time: 7 minutes

Difficulty level: ★★☆☆☆

## Ingredients ( 1 Person )

- Scallop ————— 400g
- Bacon ————— 100g
- Red Cherry Tomato ——— 20g
- Yellow Cherry Tomato ——— 20g
- Frisee Lettuce ————— 10g
- Garlic ————— 10g
- Parmesan Cheese ————— 3g
- Cajun Seasoning ————— 1/2tsp
- Red Pepper Powder ——— 1/2tsp
- Monterey Powder ————— 1/2tsp
- Black Pepper Powder ——— 1/2tsp

## 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(1/2 tsp), red pepper powder(1/2 tsp), Monterey powder(1/2 tsp), black pepper powder(1/2 tsp). 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.



# 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 ————— 1tsp
- Red Pepper Powder ————— 1tsp

## Method

1. Peel corn (1 root) and wash it. Grate Parmesan cheese(3g). Wash frisee lettuce (10g). Set aside.
2. Rub Monterey powder (1 tsp), red pepper powder (1 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.







# BAKED SWEET POTATOES WITH MANGO CHEESE

Cooking time: 8 minutes

Difficulty level: ★★☆☆☆

## Ingredients ( 2 Persons )

- |                |      |          |        |
|----------------|------|----------|--------|
| • Sweet Potato | 300g | • Cheese | 10g    |
| • Mango        | 75g  | • 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.



# PARMESAN TOAST WITH BACON

Cooking time: 4 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 1 Person )

- |                    |      |                            |       |
|--------------------|------|----------------------------|-------|
| ▪ Baguette         | 150g | ▪ Thousand Island Dressing | 1tbsp |
| ▪ Tomato           | 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.

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.





# MEXICAN FISH TACOS WITH FRESH VEGETABLES

Cooking time: 13 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 3 Persons )

- Basa Fillet Fish ————— 300g
- Egg ————— 200g
- Tomato ————— 150g
- Lettuce ————— 50g
- Red Round Pepper ————— 100g
- Yellow Round Pepper ————— 100g
- Mayonnaise ————— 100g
- Breadcrumbs ————— 100g
- Black Olive ————— 20g
- Mexican Tortilla Crust ——— 55g
- Whole Wheat Flour ————— 50g
- Cheese Sauce ————— 50g
- Pickled Jalapeno ————— 20g
- Cracked Black Pepper ——— 3tsp
- Salt ————— 1tsp
- 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 mixture (200g) and breadcrumbs (100g) into 3 separate 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).



# 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 160°C/15 minutes.
7. When finished, remove the beef tenderloin and enjoy.







# 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.



# 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.







# 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 ————— 40ml
- 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 3/4-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 (3 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.



# 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.







# 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 Chilies — 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 chilies (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.



# MARGHERITA PIZZA

Cooking time: 8 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 1 Person )

- Pre-Packaged 8-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 fresh basil(10g). Brush a pre-packaged thin pizza crust (8-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.







# 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.



# PEPPERONI PIZZA

Cooking time: 6 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

- Pre-Packaged 8-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 8-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.







# SPINACH AND MIXED CHEESES QUICHE

Cooking time: 16 minutes

Difficulty level: ★★★☆☆

## 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

## 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.



# CHORIZO BLUE CHEESE PIZZA

Cooking time: 7 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

- Pre-Packaged 8-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 8-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.







# RACK OF LAMB WITH HERBS

Cooking time: 12 minutes

Difficulty level: ★★☆☆☆

## Ingredients ( 2 Persons )

- |                        |      |                     |        |
|------------------------|------|---------------------|--------|
| ▪ Rack Of Lamb         | 180g | ▪ Lemongrass        | 15g    |
| ▪ Shallot              | 50g  | ▪ Mustard Sauce     | 1tsp   |
| ▪ Salt Butter          | 30g  | ▪ Rosemary          | 3g     |
| ▪ Red Leaf Lettuce     | 30g  | ▪ Monterey Powder   | 1/2tsp |
| ▪ Red Cherry Tomato    | 20g  | ▪ Turkey Powder     | 1/2tsp |
| ▪ Yellow Cherry Tomato | 20g  | ▪ Red Pepper Powder | 1/2tsp |

## 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 (1/2 tsp), Turkey powder (1/2 tsp), red pepper (1/2 tsp) 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.



# ROASTED PRAWNS WITH SHALLOT

Cooking time: 8 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 2 Persons )

- |                        |     |                   |        |
|------------------------|-----|-------------------|--------|
| ▪ Prawn                | 80g | ▪ Lemongrass      | 15g    |
| ▪ Shallot              | 50g | ▪ Frisee Lettuce  | 10g    |
| ▪ Mushroom             | 35g | ▪ Turkey Powder   | 1/2tsp |
| ▪ Salt Butter          | 30g | ▪ Cajun Seasoning | 1/4tsp |
| ▪ Red Cherry Tomato    | 20g | ▪ Monterey Powder | 1/4tsp |
| ▪ Yellow Cherry Tomato | 20g |                   |        |

## 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 (1/2 tsp), cajun seasoning (1/4 tsp), Monterey powder (1/4 tsp), 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 180°C/8 minutes.

4. When finished, take out the prawn. 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 Tomato ——— 25g
- Red Cherry Tomato ——— 20g
- Yellow Cherry Tomato ——— 20g
- Broccoli ————— 20g
- Rosemary ————— 5g
- Monterey Powder ——— 1tsp
- Red Pepper Powder ——— 1/2tsp

## 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 (1/2 tsp), Monterey powder (1 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.



# 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 |
| • Breadcrumbs      | 80g  | • Ketchup         | 1tbsp |
| • Shallot          | 20g  | • Monterey Powder | 1tsp  |
| • Lemongrass       | 15g  |                   |       |

## Method

1. Wash lemongrass (15g), shallots (20g) and Alpinialangana (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, Alpinialangana, shallots and Monterey powder (1 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 (1 tsp) 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 (1 tbsp). 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.







# GRILLED LAMB CHOPSWITH 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 Tomato — 20g
- Yellow Cherry Tomato — 20g
- Lemongrass ————— 15g
- Frisee Lettuce ————— 10g
- Red Pepper Powder — 1tsp
- Turkey Powder ————— 1/2tsp

## 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 (1 tsp), Turkey powder (1/2 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 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.







# GRILLED BEEF RIBS WITH WHITE WINE

Cooking time: 9 minutes

Difficulty level: ★★☆☆☆

## Ingredients ( 2 Persons )

- |                    |      |                        |      |
|--------------------|------|------------------------|------|
| ▪ Beef Rib         | 150g | ▪ Red Cherry Tomato    | 20g  |
| ▪ White Wine       | 30ml | ▪ Yellow Cherry Tomato | 20g  |
| ▪ Salt Butter      | 30g  | ▪ Rosemary             | 5g   |
| ▪ Shallot          | 30g  | ▪ Monterey Powder      | 1tsp |
| ▪ Red Leaf Lettuce | 30g  |                        |      |

## 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 (1 tsp), 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.



# CINNAMON ROLLS

Cooking time: 20 minutes

Difficulty level: ★☆☆☆☆

## Ingredients ( 4 Persons )

- |                     |       |                   |        |
|---------------------|-------|-------------------|--------|
| • High Gluten Flour | 260g  | • Brown Sugar     | 80g    |
| • Milk              | 150ml | • Cinnamon Powder | 10g    |
| • Egg               | 100g  | • Salt            | 1/2tsp |
| • Butter            | 110g  | • Yeast           | 1tsp   |
| • Sugar             | 2tsp  | • 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 (150ml) and 1 egg into the same bowl. Then form the dough. Let it rise for 30 minutes.
2. Add softened butter (30g) 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 (80g), cinnamon powder (10g), brown sugar (80g), 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. 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.
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.)



# 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!







# 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.
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 — 40g                         | • 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 tsp) 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!

