



Avance Collection

*Philips Airfryer
Recipe Book*

PHILIPS

Airfryer Introduction

We all want to eat healthier but don't want to give up the flavor, texture and taste of our favorite foods. That's why Philips has created the Airfryer! With its unique Rapid Air Technology, the Airfryer grills, bakes, roasts and fries with little to no oil, making it the perfect solution for fast and healthy meals and snacks.

This recipe book features just some of the food that you will be able to cook in your Philips Airfryer. From French fries to chicken wings to muffins, the Airfryer's ability to fry, roast, bake or grill is almost unbelievable: that is until you've tried it.

We hope that you will enjoy using the Airfryer as many others have around the world and the recipes inside inspire you to cook healthy, well-balanced meals for you and your family.

www.philips.com/airfryer



11 Tips for Using the Philips Airfryer

1. When making smaller items such as fries, wings and croquettes, shake the basket once or twice during cooking. This ensures the food is cooked evenly.
2. Don't overcrowd the cooking basket. This impacts how well the air circulates around the food, increases cooking time and causes sub-optimal results.
3. Oil sprays and misters are excellent choices to evenly apply oil to food prior to cooking. They can also be used to spray the bottom of the mesh cooking basket to ensure food does not stick.
4. Preheat the Airfryer for 3 minutes. This is sufficient time for the Airfryer to reach the desired temperature.
5. To loosen any food particles that remain on the cooking basket after use, soak the cooking basket in soapy water prior to scrubbing or placing in the dishwasher.
6. When cooking foods that are naturally high in fat, such as chicken wings, occasionally empty fat from the bottom of the Airfryer during cooking to avoid excess smoke.
7. When cooking foods that have been marinated or soaked in liquid, pat food dry before cooking to avoid splattering and excess smoke.
8. For foods that require breading, coat in small batches to ensure even application. Press breading onto food to ensure it adheres. If breading is too dry, pieces may become airborne causing excess smoke or becoming trapped behind exhaust filter.
9. A variety of pre-made packaged foods can be cooked in the Airfryer. As a guide, lower the conventional oven temperature by 70 degrees and reduce the cooking time by half. Exact times and temperatures will vary by food.
10. When using parchment paper or foil, trim to leave a ½ inch space around bottom edge of the basket.
11. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



Guide to times and temperatures

Contents

		Min-max amount (oz.)	Time (min.)	Temp. °F	Shake halfway	Extra information
Thin frozen fries		11-43oz	9-19	360	✓	
Thick frozen fries		11-43oz	12-22	360	✓	
Homemade fries		11oz 32oz 21oz 43oz	15 22 18 25	360	✓	Soak 30 min./dry/Tbsp oil 1/4 tbsp-11oz 3/4 tbsp-32oz 1/2 tbsp-21oz 1 tbsp-43oz
Potato wedges		11oz 21oz 32oz	18-21 24	360	✓	Soak 30 min./dry/Tbsp oil 1/4 tbsp-11oz 1/2 tbsp-21oz 3/4 tbsp-32oz
Potato cubes		11oz 21oz 32oz	12-18	360	✓	Soak 30 min./dry/Tbsp oil 1/4 tbsp-11oz 1/2 tbsp-21oz 3/4 tbsp-32oz
Cheese sticks		4-16oz	8-10	360	✓	Use oven ready
Chicken nuggets		14oz	6	330/390	✓	Use oven ready
Fish sticks		4oz/12oz	8/10	390		Use oven ready
Steak		4oz/21oz	5min 360+4min 150 6min 360 +4min 150	360		
Pork chops		4oz/14oz	6/7	360		
Hamburger		4oz/14oz	6/7	360		
Chicken wings		3oz/21oz	18-22	360		
Drumsticks		3oz/21oz	10min 390+10min 320	390		
Chicken breast		4-oz/28oz	8min 290+6min 360 8min 290 +8min 360	360		
Cake		24oz	30	320		

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Crispy Potato Skin Wedges

ACTIVE: 40 MIN | TOTAL: 1 HR 25 MIN | SERVES: 6

6 medium russet potatoes
 2 tablespoons canola oil
 1½ teaspoon paprika
 ½ teaspoon black pepper
 ½ teaspoon salt

1. Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.
2. In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the AirFryer to 390°F. Add the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook the wedges for 14-16 minutes or until golden brown.

French Fries

ACTIVE: 10 MIN | TOTAL: 1 HR | SERVES: 4

6 medium russet potatoes, peeled
 2 tablespoon olive oil

1. Peel the potatoes and cut them into 1/4 inch by 3 inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
2. Preheat the Airfryer to 360°F. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly. Add the potatoes to the cooking basket and cook for 30 minutes or until golden brown and crisp. Shake 2-3 times during cooking.

Note: Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.





Potato Croquettes

ACTIVE: 30 MIN | TOTAL: 45 MIN | SERVES: 4

FOR THE FILLING

4 medium russet potatoes, peeled and cubed
 2 egg yolks
 1 cup parmesan cheese, grated
 2 tablespoons all-purpose flour
 3 tablespoons chives, finely chopped
 1 pinch salt
 1 pinch black pepper
 1 pinch nutmeg

FOR THE BREADING

3 tablespoons vegetable oil
 ¾ cup all-purpose flour
 2 eggs, beaten
 ¾ cup breadcrumbs

1. Boil the potato cubes in salted water for 15 minutes. Drain and mash finely in a large bowl using a potato masher or ricer. Cool completely. Mix in the egg yolk, cheese, flour and chives. Season with salt, pepper and nutmeg. Shape the potato filling into the size of golf balls and set aside.
2. Preheat the Airfryer to 390°F. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly. Place each potato ball into the flour, then the eggs and then the breadcrumbs and roll into a cylinder shape. Press coating to croquettes to ensure it adheres. Place the croquettes into the cooking basket, cooking for 7-8 minutes or until golden brown.

Potatoes au Gratin

ACTIVE: 10 MIN | TOTAL: 45 MIN | SERVES: 6

7 medium russet potatoes, peeled
 ½ cup milk
 ½ cup cream
 1 teaspoon black pepper
 ½ teaspoon nutmeg
 ½ cup Gruyère or semi-mature cheese, grated

1. Preheat the Airfryer to 390°F. Slice the potatoes wafer-thin. In a bowl, mix the milk and cream and season to taste with salt, pepper and nutmeg. Coat the potato slices with the milk mixture.
2. Transfer the potato slices to a 8-inch heat-resistant baking dish and pour the rest of the cream mixture from the bowl on top of the potatoes. Place the baking dish in the cooking basket into the Airfryer. Set the timer and cook for 25 minutes. Remove cooking basket and distribute the cheese evenly over the potatoes. Set the timer for 10 minutes and bake the gratin until it is nicely browned.

Tip: Instead of milk you can substitute 2 eggs.





Rosemary Russet Potato Chips

ACTIVE: 40 MIN | TOTAL: 1 HR 10 MIN | SERVES: 4

4 medium russet potatoes
1 tablespoon olive oil
2 teaspoon rosemary, chopped
2 pinches salt

1. Scrub the potatoes under running water to clean. Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water. Soak the potatoes for 30 minutes, changing the water several times. Drain thoroughly and pat completely dry with a paper towel.
2. Preheat the Airfryer to 330°F. In a mixing bowl, toss the potatoes with olive oil. Place them into the cooking basket and cook for 30 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly. When finished and still warm, toss in a large bowl with rosemary and salt.

Roasted Winter Vegetables

ACTIVE: 5 MIN | TOTAL: 25 MIN | SERVES: 6

1 $\frac{1}{3}$ cup parsnips (1 small)
1 $\frac{1}{3}$ cup celery (3-4 stalks)
2 red onions
1 $\frac{1}{3}$ cup butternut squash (1 small)
1 tbsp fresh thyme needles
1 tbsp olive oil
pepper & salt

1. Preheat the Airfryer to 390°C.
2. Peel the parsnips and onions. Cut the parsnips and celery into 2 cm cubes and the onions into wedges. Halve the butternut squash, remove the seeds and cut into cubes. (There's no need to peel it.)
3. Mix the cut vegetables with the thyme and olive oil. Season to taste.
4. Place the vegetables into the basket and slide the basket into the Airfryer. Set the timer for 20 minutes and roast the vegetables until the timer rings and the vegetables are nicely brown and done. Stir the vegetables once while roasting.





Fried Meatballs in Tomato Sauce

ACTIVE: 10 MIN | TOTAL: 23 MIN | SERVES: 3-4

1 small onion
 ¾ pounds (12oz) ground beef
 1 tbsp chopped fresh parsley
 ½ tbsp chopped fresh thyme leaves
 1 egg
 3 tbsp breadcrumbs
 pepper & salt to taste

Extra: 10oz of your favorite tomato sauce

1. Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
2. Preheat the Airfryer to 390°C.
3. Place the meatballs in the Airfryer basket and slide the basket in the Airfryer. Set the timer and cook for 8 minutes.
4. Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer. Set the temperature to 330°C and the timer for 5 minutes to warm everything through.

Tip: For a great snack, you can serve the meatballs without the tomato sauce.

Bacon Wrapped Shrimp

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 4

1¼ pounds tiger shrimp, peeled and deveined (16 pieces)
 1 pound bacon, thinly sliced, room temperature (16 slices)

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail. Return the wrapped shrimp to the refrigerator for 20 minutes.
2. Preheat the Airfryer to 390°F. Remove the shrimp from the refrigerator and add them to the cooking basket, cooking for 5-7 minutes. Drain on a paper towel prior to serving.





Cheddar Bacon Croquettes

ACTIVE: 40 MIN | TOTAL: 50 MIN | SERVES: 6

FOR THE FILLING

1 pound sharp cheddar cheese, block
1 pound bacon, thinly sliced, room temperature

FOR THE BREADING

4 tablespoons olive oil
1 cup all-purpose flour
2 eggs, beaten
1 cup seasoned breadcrumbs

1. Cut the cheddar cheese block into 6 equally-sized portions, approximately 1-inch x 1¾-inch each. Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese. Trim any excess fat. Place the cheddar bacon bites in the freezer for 5 minutes to firm. Do not freeze.
2. Preheat the Airfryer to 390°F. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly. Place each cheddar block into the flour, then the eggs and then the breadcrumbs. Press coating to croquettes to ensure it adheres. Place the croquettes in the cooking basket and cook for 7-8 minutes or until golden brown.

Tip: To ensure the cheese does not run out, double coat them by dipping them a second time into the egg and then into the bread crumbs.

Crispy Fried Spring Rolls

ACTIVE: 20 MIN | TOTAL: 25 MIN | SERVES: 4

FOR THE FILLING

4 oz. cooked chicken breast, shredded
1 celery stalk, sliced thin
1 medium carrot, sliced thin
½ cup mushrooms, sliced thin
½ teaspoon ginger, finely chopped
1 teaspoon sugar
1 teaspoon chicken stock powder

FOR THE SPRING ROLL WRAPPERS

1 egg, beaten
1 teaspoon cornstarch
8 spring roll wrappers
½ teaspoon vegetable oil

1. Make the filling. Place the shredded chicken into a bowl and mix with the celery, carrot and mushrooms. Add the ginger, sugar and chicken stock powder and stir evenly.
2. Combine the egg with the cornstarch and mix to create a thick paste; set aside. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture. Preheat the Airfryer to 390°F. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Cook for 3-4 minutes or until golden brown. Serve with sweet chili sauce or soy sauce.





Crab Croquettes

ACTIVE: 20 MIN | TOTAL: 35 MIN | SERVES: 6

FOR THE FILLING

- 1 pound lump crab meat
- 2 egg whites, beaten
- 1 tablespoon olive oil
- ¼ cup red onion, finely chopped
- ¼ red bell pepper, finely chopped
- 2 tablespoons celery, finely chopped
- ¼ teaspoon tarragon, finely chopped
- ¼ teaspoon chives, finely chopped
- ½ teaspoon parsley, finely chopped
- ½ teaspoon cayenne pepper
- ¼ cup mayonnaise
- ¼ cup sour cream

FOR THE BREADING

- 3 eggs, beaten
- 1 cup all-purpose flour
- 1 cup panko breadcrumbs
- 1 teaspoon olive oil
- ½ teaspoon salt

1. In a small sauté pan over medium-high heat, add olive oil, onions, peppers, and celery. Cook and sweat until translucent, about 4-5 minutes. Remove from heat and set aside to cool.
2. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb. In three separate bowls, set aside panko mixture, eggs and flour. Combine remaining ingredients: crabmeat, egg whites, mayonnaise, sour cream, spices and vegetables in a large mixing bowl.
3. Preheat Airfryer to 390°F. Mold crab mixture to size of golf balls, roll each in flour, then in eggs and finally in panko. Press crumbs to croquettes to adhere. Place croquettes in basket, being careful not to overcrowd. Cook croquettes 8-10 minutes or until golden brown.

Feta Triangles

ACTIVE: 20 MIN | TOTAL: 30 MIN | SERVES: 5

- 1 egg yolk
- 4 ounces feta cheese
- 2 tablespoons flat-leafed parsley, finely chopped
- 1 scallion, finely chopped
- 2 sheets of frozen filo pastry, defrosted
- 2 tablespoons olive oil
- Ground black pepper to taste

1. Beat the egg yolk in a bowl and mix in the feta, parsley and scallion; season with pepper to taste. Cut each sheet of filo dough into three strips. Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag manner until the filling is wrapped in a triangle. Repeat until all the filo and feta has been used.
2. Preheat the Airfryer to 390°F. Brush the filo with a little oil and place six triangles in the cooking basket. Slide the basket into the Airfryer and cook for 3 minutes. Change temperature to 360°F and then cook 2 minutes or until golden brown. Serve the triangles.





Korean BBQ Satay

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 3

¾ pound (12 oz) boneless skinless chicken tenders
 ½ cup low sodium soy sauce
 ½ cup pineapple juice
 ¼ cup sesame oil
 4 garlic cloves, chopped
 4 scallions, chopped
 1 tablespoon fresh ginger, grated
 2 teaspoons sesame seeds, toasted
 1 pinch black pepper

1. Skewer each chicken tender, trimming excess meat or fat. Combine all other ingredients in a large mixing bowl. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
2. Preheat the Airfryer to 390°F. Pat chicken completely dry with a paper towel. Add the skewers to the cooking basket and cook for 5-7 minutes.

Jerk Chicken Wings

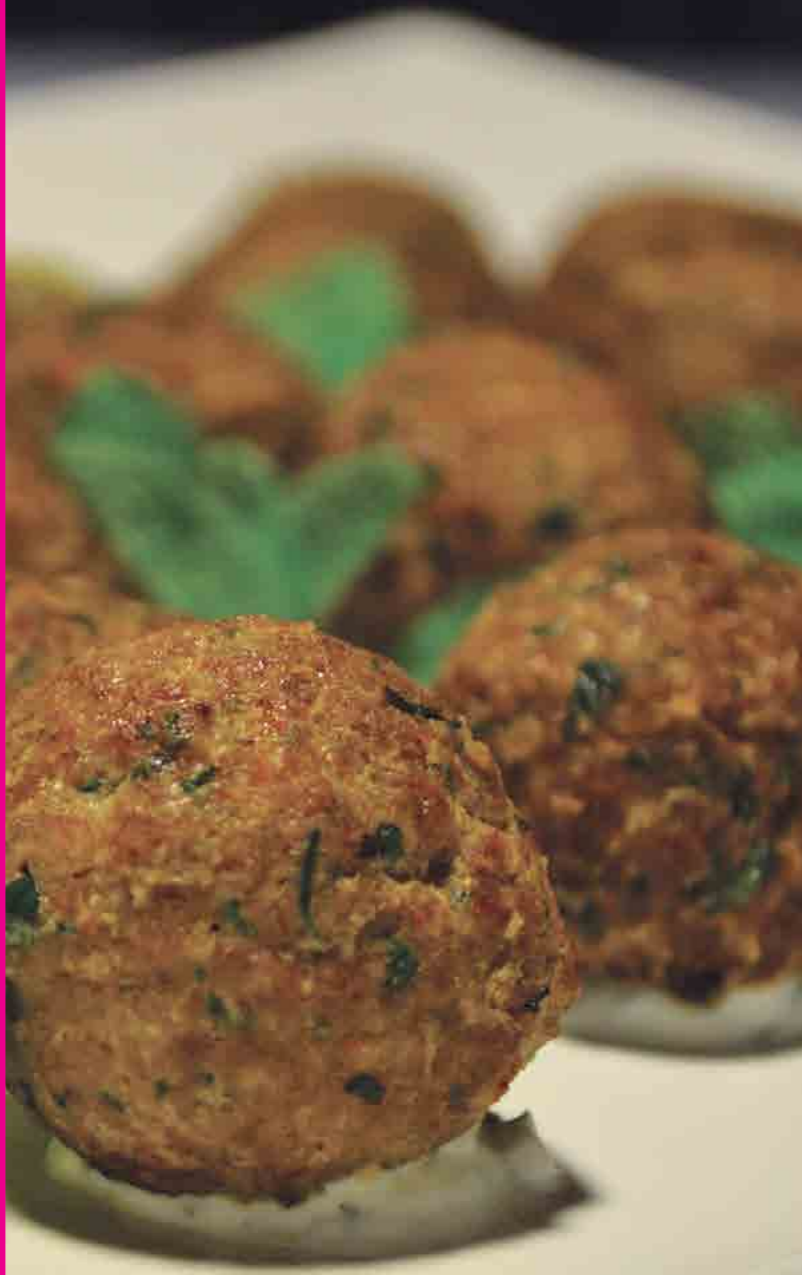
ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 5

3 pounds chicken wings
 2 tablespoons olive oil
 2 tablespoons soy sauce
 6 cloves garlic, finely chopped
 1 habanero pepper, seeds and ribs removed, finely chopped
 1 tablespoon allspice
 1 teaspoon cinnamon
 1 teaspoon cayenne pepper
 1 teaspoon white pepper
 1 teaspoon salt
 2 tablespoons brown sugar
 1 tablespoon fresh thyme, finely chopped
 1 tablespoon fresh ginger, grated
 4 scallions, finely chopped
 5 tablespoons lime juice
 ½ cup red wine vinegar

1. In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade. Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
2. Preheat the Airfryer to 390°F. Remove the wings from the bag and drain all liquid. Pat wings completely dry with a paper towel. Place the wings in the cooking basket and cook for 16-18 minutes, shaking halfway through. Serve with blue cheese dipping sauce or ranch dressing.

Tip: If you cook only 1½ pounds (24 oz) chicken wings, cook for 15 minutes.





Moroccan Meatballs with Mint Yogurt

ACTIVE: 25 MIN | TOTAL: 35 MIN | SERVES: 4

FOR THE MEATBALLS

- 1 pound ground lamb
- 4 ounces ground turkey
- 1½ tablespoons parsley, finely chopped
- 1 tablespoon mint, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper
- 1 teaspoon red chili paste
- 2 garlic cloves, finely chopped
- ¼ cup olive oil
- 1 teaspoon salt
- 1 egg white

FOR THE MINT YOGURT

- ½ cup non-fat greek yogurt
- ¼ cup sour cream
- 2 tablespoons buttermilk
- ¼ cup mint, finely chopped
- 1 garlic clove, finely chopped
- 2 pinches salt

1. Preheat the Airfryer to 390°F. In a large mixing bowl combine all ingredients for the meatballs. Roll the meatballs between your hands in a circular motion to smooth the meatball out to the size of a golf ball. Place the meatballs into the cooking basket and cook for 6-8 minutes.
2. While the meatballs are cooking add all of the ingredients for the mint yogurt to a medium mixing bowl and combine well. Serve with the meatballs and garnish with fresh mint and olives.

Pigs in a Blanket

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

- 1 12-ounce package cocktail franks
- 1 8-ounce can of crescent rolls

1. Remove the cocktail franks from the package and drain; pat dry on paper towels. Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch. Roll the strips around the franks, leaving the ends visible. Place in the freezer for 5 minutes to firm.
2. Preheat the Airfryer to 330°F. Remove the franks from the freezer and place them in the cooking basket. Cook for 6-8 minutes. Change temperature to 390°F and cook for 3 minutes or until golden brown.





Stuffed Garlic Mushrooms

ACTIVE: 10 MIN | TOTAL: 20 MIN | SERVES: 4

16 small button mushrooms

FOR THE STUFFING

1½ slices of white bread
 1 garlic clove, crushed
 1 tablespoon flat-leafed parsley, finely chopped
 Ground black pepper to taste
 1½ tablespoon olive oil

1. Preheat the Airfryer to 390°F. In a food processor, grind the slices of bread into fine crumbs and mix in the garlic, parsley and pepper to taste. When fully mixed, stir in the olive oil.
2. Cut off the mushroom stalks and fill the caps with the breadcrumbs. Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan. Place the mushroom caps in the cooking basket and slide it into the Airfryer. Cook the mushrooms for 7-8 minutes or until they are golden and crispy.

Chimichurri Skirt Steak

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 2

1 pound skirt steak

FOR THE CHIMICHURRI

1 cup parsley, finely chopped
 ¼ cup mint, finely chopped
 2 tablespoons oregano, finely chopped
 3 garlic cloves, finely chopped
 1 teaspoon crushed red pepper
 1 tablespoon ground cumin
 1 teaspoon cayenne pepper
 2 teaspoons smoked paprika
 1 teaspoon salt
 ¼ teaspoon black pepper
 ¾ cup olive oil
 3 tablespoons red wine vinegar

1. Combine the ingredients for the chimichurri in a mixing bowl. Cut the steak into 2 8-ounce portions and add to a re-sealable bag, along with ¼ cup of the chimichurri. Refrigerate for 2 hours up to 24 hours. Remove from the refrigerator 30 minutes prior to cooking.
2. Preheat the Airfryer to 390°F. Pat steak dry with a paper towel. Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare. Garnish with 2 tablespoons of chimichurri on top and serve.

Tip: The time will vary depending upon the size of the steak and the degree of doneness you prefer.





Roasted Heirloom Tomato with Baked Feta

ACTIVE: 20 MIN | TOTAL: 35 MIN | SERVES: 4

FOR THE TOMATO

2 heirloom tomatoes
1 8-ounce block of feta cheese
½ cup red onions, sliced paper thin
1 tablespoon olive oil
1 pinch salt

FOR THE BASIL PESTO

½ cup parsley, roughly chopped
½ cup basil, rough chopped
½ cup parmesan cheese, grated
3 tablespoons pine nuts, toasted
1 garlic clove
½ cup olive oil
1 pinch salt

1. Make the pesto. In a food processor, add parsley, basil, parmesan, garlic, toasted pine nuts and salt. Turn on the food processor and slowly add the olive oil. Once all of the olive oil is incorporated into the pesto, store and refrigerate until ready to use.
2. Preheat the Airfryer to 390°F. Slice the tomato and the feta into ½ inch thick circular slices. Pat tomato dry with a paper towel. Spread 1 tablespoon of the pesto on top of each tomato slice and top with the feta. Toss the red onions with 1 tablespoon of olive oil and place on top of the feta.
3. Place the tomatoes/feta into the cooking basket and cook for 12-14 minutes or until the feta starts to soften and brown. Finish with a pinch of salt and an additional spoonful of basil pesto.

Portabella Pepperoni Pizza

ACTIVE: 5 MIN | TOTAL: 10 MIN | SERVES: 3

3 portabella mushroom caps, cleaned and scooped
3 tablespoons olive oil
3 tablespoons tomato sauce
3 tablespoons mozzarella, shredded
12 slices pepperoni
1 pinch salt
1 pinch dried Italian seasonings

1. Preheat the Airfryer to 330°F. Drizzle olive oil on both sides of the portabella, then season the inside of the portabella with salt and the Italian seasonings. Spread the tomato sauce evenly over the mushroom and then top with cheese.
2. Place the portabella into the cooking basket and slide into the Airfryer. After 1 minute, remove the cooking basket from the Airfryer and place the pepperoni slices on top of the portabella pizza. Cook for an additional 3 to 5 minutes. Finish with freshly grated parmesan cheese and crushed red pepper flakes.





Mushroom, Onion and Feta Frittata

ACTIVE: 15 MIN | TOTAL: 45 MIN | SERVES: 4

6 eggs
4 cups button mushrooms, cleaned
1 red onion
2 tablespoons olive oil
6 tablespoons feta cheese, crumbled
1 pinch salt

1. Peel and slice a red onion into $\frac{1}{4}$ inch thin slices. Clean button mushrooms; then cut into $\frac{1}{4}$ inch thin slices. In a sauté pan with olive oil, sweat onions and mushrooms under a medium flame until tender. Remove from heat and place on a dry kitchen towel to cool.
2. Preheat the Airfryer to 330°F. In a mixing bowl crack 6 eggs and whisk thoroughly and vigorously, adding a pinch of salt. In an 8-in. heat resistant baking dish, coat the inside and bottom with a light coating of pan spray. Pour eggs into the baking dish, then the onion and mushroom mixture and then the cheese. Place the baking dish in the cooking basket and cook in the Airfryer for 27 to 30 minutes. The frittata is done when you can stick a knife into the middle, and the knife comes out clean.

Roasted Rack of Lamb with a Macadamia Crust

ACTIVE: 10 MIN | TOTAL: 40 MIN | SERVES: 4-6

1 garlic clove
1 tbsp olive oil
1 $\frac{1}{4}$ pound rack of lamb
pepper & salt

MACADAMIA CRUST:

3oz unsalted macadamia nuts
1 tbsp breadcrumbs (preferably homemade)
1 tbsp chopped fresh rosemary
1 egg

1. Finely chop the garlic. Mix the olive oil and garlic to make garlic oil. Brush the rack of lamb with the oil and season with pepper & salt.
2. Preheat the Airfryer to 220°F.
3. Finely chop the nuts and place them into a bowl. Stir in the breadcrumbs and rosemary. Whisk the egg in another bowl.
4. To coat the lamb, dip the meat into the egg mixture, draining off any excess. Coat the lamb with the macadamia crust.
5. Put the coated lamb rack in the Airfryer basket and slide the basket into the Airfryer. Set the timer for 30 minutes. After 30 minutes, increase the temperature to 390°F and set the timer for another 5 minutes. Remove the meat and leave to rest, covered with aluminium foil, for 10 minutes before serving.

Tip: You can replace the macadamia nuts with pistachios, hazelnuts, cashews or almonds if desired.





Salmon with Dill Sauce

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

FOR THE SALMON

1½ pounds salmon (4 pieces, 6oz each)
2 teaspoons olive oil
1 pinch salt

FOR THE DILL SAUCE

½ cup non-fat greek yogurt
½ cup sour cream
1 pinch salt
2 tablespoons dill, finely chopped

1. Preheat the Airfryer to 270°F. Cut the salmon into four 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece. Season with a pinch of salt. Place the salmon into the cooking basket and cook for 20-23 minutes.
2. Make the dill sauce. In a mixing bowl combine the yogurt, sour cream, chopped dill and salt. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.

Teriyaki Glazed Halibut Steak

ACTIVE: 30 MIN | TOTAL: 39-41 MIN | SERVES: 3

1 pound halibut steak

FOR THE MARINADE:

⅔ cup soy sauce (low sodium)
½ cup mirin (Japanese cooking wine)
¼ cup sugar
2 tablespoons lime juice
¼ cup orange juice
¼ teaspoon crushed red pepper flakes
¼ teaspoon ginger ground
1 each garlic clove (smashed)

1. In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
2. Bring to a boil and reduce by half, then cool.
3. Once cooled pour half of the glaze/marinade into a resealable bag with the halibut.
4. Refrigerate for 30 minutes.
5. Preheat the Airfryer to 390°F.
6. Place marinated halibut into the Airfryer and cook for 10-12 minutes.
7. When finished brush a little of the remaining glaze over the halibut steak.
8. Serve over a bed of white rice with basil/mint chutney.





Cajun Shrimp

ACTIVE: 5 MIN | TOTAL: 10 MIN | SERVES: 4

- 1¼ pounds tiger shrimp (16-20 count)
- ¼ teaspoon cayenne pepper
- ½ teaspoon old bay seasoning
- ¼ teaspoon smoked paprika
- 1 pinch of salt
- 1 tablespoon olive oil

1. Preheat the Airfryer to 390°F. In a mixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices. Place the shrimp into the cooking basket and cook for 5 minutes. Serve over rice.

Cod Fish Nuggets

ACTIVE: 15 MIN | TOTAL: 25 MIN | SERVES: 4

- 1 pound cod

FOR THE BREADING

- 2 tablespoons olive oil
- 1 cup all-purpose flour
- 2 eggs, beaten
- ¾ cup panko breadcrumbs
- 1 pinch salt

1. Preheat the Airfryer to 390°F. Cut the cod into strips approximately 1-inch by 2.5-inches in length. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb. In three separate bowls, set aside panko mixture, eggs and flour.
2. Place each piece of cod into the flour, then the eggs and then the breadcrumbs. Press the fish firmly into breadcrumbs to ensure that they adhere to the fish. Shake off any excess breadcrumbs. Add the cod nuggets to the cooking basket, cooking for 8-10 minutes or until golden brown.





Country Chicken Tenders

ACTIVE: 15 MIN | TOTAL: 25 MIN | SERVES: 3

$\frac{3}{4}$ pound chicken tenders

FOR THE BREADING

2 eggs, beaten

$\frac{1}{2}$ cup seasoned breadcrumbs

$\frac{1}{2}$ cup all-purpose flour

$\frac{1}{2}$ teaspoon salt

1 teaspoon black pepper

2 tablespoons olive oil

1. Preheat the Airfryer to 330°F. In three separate bowls, set aside the breadcrumbs, eggs and flour. Season the breadcrumbs with salt and pepper. Add olive oil to the breadcrumbs and mix well. Place the chicken in the flour, then dip into the eggs and finally coat with the breadcrumbs. Press to ensure breadcrumbs are coated securely and evenly to the chicken. Shake off any excess breading prior to placing in the cooking basket. Cook the chicken tenders for 10 minutes at 330°F and then for 5 minutes at 390°F or until golden brown.

Grilled Cheese

ACTIVE: 10 MIN | TOTAL: 15 MIN | SERVES: 2

4 slices of brioche or white bread

$\frac{1}{2}$ cup sharp cheddar cheese

$\frac{1}{4}$ cup butter, melted

1. Preheat the Airfryer to 360°F. Place cheese and butter in separate bowls. Brush the butter on each side of the 4 slices of bread. Place the cheese on 2 of the 4 pieces of bread. Put the grilled cheese together and add to the cooking basket. Cook for 5-7 minutes or until golden brown and the cheese has melted.





Mini Cheeseburger Sliders

ACTIVE: 5 MIN | TOTAL: 15 MIN | SERVES: 3

1 pound ground beef
6 slices cheddar cheese
6 dinner rolls
salt
black pepper

1. Preheat the Airfryer to 390°F. Form the ground beef into 6 2.5-ounce patties and season with salt and pepper. Add the burgers to the cooking basket and cook for 10 minutes. Remove from the Airfryer; place the cheese on top of the burgers and return to the Airfryer to cook for one more minute.

Peanut Butter Marshmallow Fluff Turnovers

ACTIVE: 15 MIN | TOTAL: 20 MIN | SERVES: 4

4 sheets filo pastry, defrosted
4 tablespoons chunky peanut butter
4 teaspoons marshmallow fluff
2 ounces butter, melted
1 pinch sea salt

1. Preheat the Airfryer to 360°F. Brush 1 sheet of filo with butter. Place a second sheet of filo on top of the first and also brush with butter. Repeat until you have used all 4 sheets. Cut the filo layers into 4 3-inch x 12-inch strips.
2. Place 1 tablespoon of peanut butter and 1 teaspoon of marshmallow fluff on the underside of a strip of filo. Fold the tip of the sheet over the filling to form a triangle and fold repeatedly in a zigzag manner until the filling is fully wrapped. Use a touch of butter to seal the ends of the turnover. Place the turnovers into the cooking basket and cook for 3-5 minutes, until golden brown and puffy. Finish with a touch of sea salt for a sweet and salty combination.





Chocolate Cake

ACTIVE: 15 MIN | TOTAL: 45 MIN | SERVES: 8-10

CAKE:

3 eggs
 ½ cup sour cream
 1 cup flour
 ⅔ cup caster sugar (white or fine)
 9 tablespoons unsalted butter
 6 tablespoons cocoa powder
 1 tsp baking powder
 ½ tsp baking soda
 2 tsp vanilla

CHOCOLATE ICING:

5.5oz chocolate
 3½ tablespoons unsalted softened butter
 1⅔ cup icing sugar
 1 tsp vanilla

8 in/20 cm round oven dish; food processor or mixer

1. Preheat the Airfryer to 320°C.
2. Place cake ingredients into a food processor or bowl and mix well. Transfer to the oven dish.
3. Place the oven dish into the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 35 minutes. Once the time is up and the timer rings, prick cake with a wooden toothpick. If it comes out clean, the cake is cooked through. If it's still sticky, place the cake back into the Airfryer and set the timer for another 5 minutes.
4. Remove dish from the basket and leave the cake to cool on a wire rack.
5. Meanwhile, melt the chocolate au bain marie or in the microwave. Leave to cool a little, then mix all of the icing ingredients together.
6. Remove cooled cake from the oven dish and place on a plate. Cover with chocolate icing and serve.

Apricot Blackberry Crumble

ACTIVE: 10 MIN | TOTAL: 30 MIN | SERVES: 6-8

18oz fresh apricots
 5½oz fresh blackberries
 ½ cup sugar
 2 tablespoons lemon juice
 1 cup flour
 salt
 5 tablespoons cold butter

Extra: 8 in/20 cm round oven dish, greased

1. Halve the apricots and remove the stones. Cut them into cubes and place into a bowl. Add the blackberries, 2 tablespoons of the sugar and the lemon juice and mix.
2. Scoop the fruit mixture into the oven dish and spread it out.
3. In a bowl, mix the flour with a pinch of salt and the remaining sugar. Add the butter and 1 tbsp cold water and rub together with your fingertips until you have a crumbly mixture.
4. Preheat the Airfryer to 390°F.
5. Distribute the crumbly mixture evenly over the fruit and lightly press down.
6. Put the oven dish into the basket and slide the basket into the Airfryer. Set the timer for 20 minutes and bake until the timer rings and the crumble is golden brown and cooked through.





Vanilla Soufflé

ACTIVE: 20 MIN | TOTAL: 1 HR 30 MIN | SERVES: 6

¼ cup all-purpose flour
 ¼ cup butter, softened
 1 cup whole milk
 ¼ cup sugar
 2 teaspoons vanilla extract
 1 vanilla bean
 5 egg whites
 4 egg yolks
 1 ounce sugar
 1 teaspoon cream of tartar

- Mix the flour and butter until it is a smooth paste. In a sauce pan heat the milk and dissolve the sugar. Add the vanilla bean and bring to a boil. Add the flour and butter mixture to the boiling milk. With a wire whisk, beat vigorously to ensure there are no lumps. Simmer for several minutes until the mix thickens. Remove from the heat, discard the vanilla bean and cool for 10 minutes in an ice bath.
- While the mix is cooling, take 6 3-ounce ramekins or soufflé dishes. Coat with butter and sprinkle with a pinch of sugar. In another mixing bowl quickly beat the egg yolks and vanilla extract and combine with the milk mixture.
- Separately beat the egg whites, sugar and cream of tartar until the egg whites form medium stiff peaks. Fold the egg whites into the soufflé base and pour into the prepared baking dishes and smooth off the tops.
- Preheat the Airfryer to 330°F. Place 3 soufflé dishes into the cooking basket and cook for 14-16 minutes. Repeat the cooking process with the next 3 ramekins. Serve with powdered sugar on top of the soufflé and with chocolate sauce on the side.

Frequently Asked Questions

Problem	Possible Cause	Solution
The Airfryer does not work.	The appliance is not plugged in/turned on.	Put the power plug in a grounded wall outlet. Turn appliance on.
	You have not set the timer.	Set the timer to the required preparation time to turn on the appliance.
The ingredients fried with the Airfryer are not done.	The amount of ingredients in the basket is too big.	Put smaller batches of ingredients in the basket. Smaller batches are cooked more evenly. Do not exceed MAX indication.
	The set temperature is too low.	Set the temperature control to the required temperature setting.
The ingredients are fried unevenly in the Airfryer.	The cooking time is too short.	Set the timer to the required cooking time.
	Certain types of ingredients need to be shaken halfway through the cooking time.	Ingredients that lie on the top of or across each other (e.g. fries) need to be shaken halfway through the cooking time.
I cannot slide the pan into the appliance properly.	There are too many ingredients in the basket.	Do not fill basket beyond MAX indication.
	The basket is not placed in the pan correctly.	Make sure the pan and basket are placed correctly.
White smoke comes out of the appliance.	You are cooking greasy ingredients.	When you fry greasy ingredients, a large amount of oil or rendered fat leaks into the pan. The oil or fat causes white smoke and the pan may heat up more than usual. This does not affect the appliance or the end result. Midway through the cooking process you can carefully pour off any excess oil or rendered fat from the pan wearing oven-safe gloves then continue cooking.
	The pan still contains grease residues from previous use.	White smoke is caused by greasy residue heating up in the pan. Be sure you clean the pan properly after each use.
	Marinade, liquid or meat juices are splattering in the rendered fat or grease.	Pat food dry before placing in basket. Occasionally pour off rendered fat or grease from pan during cooking.
Home made fries are fried unevenly in the Airfryer.	Breading or coating did not adhere properly to food.	White smoke can be caused by tiny pieces of airborne breading. Press breading or coating to food to ensure it sticks.
	You did not soak the potato sticks properly before you fried them.	Soak potato sticks in bowl for at least 30 minutes, take them out, dry with paper towel.
Home made fries are not crispy when they come out of the Airfryer.	You did not use the right potato type.	Use fresh potatoes and be sure they stay firm during frying.
	The crispiness of the fries depends on the amount of oil and water in the fries.	Be sure you dry the potato sticks properly before you add the oil. Cut potato sticks smaller for crispier result. Add slightly more oil for a crispier result.

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