

AIR FRYERS

WHAT IS AN AIR FRYER?



The Air Fryer (A/F) is a countertop small kitchen appliance with condensed space and a centralized heat source. It's purpose is to replace deep-frying with the circulation of hot air and little to no oil. The A/F is an innovative small kitchen appliance that has made preparing foods a lot easier, faster, and with less clean-up time. You can cook for one or for a family, depending on the size of the A/F. Cook almost anything in just minutes, less time than it takes to cook on a stove or convection oven.

How Do Air Fryers Work?

The top section of an Air Fryer has a heating mechanism and fan. Food is placed in a heat-resistant basket, and when turned on, hot air circulates around the food cooking it and making it crisp. It's almost like you're deep-frying, but without the oil.

Here's How to Use an Air Fryer:

1. **Place Your Food in the Basket** - A/F sizes and basket sizes vary from 2 quarts to 6 quarts. It is recommended not to overload the basket with food but give room for the hot air to circulate. Add one or two teaspoons of oil to avoid food drying or burning but get crispy instead.
2. **Set the Time and Temperature** - Follow recipes' cooking instructions. A/F cooking times and temperatures can range between 15 to 25 minutes at 350 to 400 degrees F. It all depends on the food being cooked.
3. **Let the Food Cook** - It is recommended to flip your food halfway through the cooking process; this helps to cook and crisp the food evenly.
4. **Clean the Air Fryer** after each use to reduce grease build-up and to keep the unit functioning properly.

What Can You Cook in an Air Fryer?

Any foods may be cooked in an A/F with the exception of foods with liquid such as soups and leafy vegetables (they burn quickly). You can roast vegetables, cook meats, poultry, fish, bake cookies, small desserts (apple fritters), frozen finger foods (chicken nuggets, mozzarella sticks), and homemade finger foods.

Virginia C. Lopez, Family & Consumer Sciences Agent | virginia_lopez@ncsu.edu | 336-703-2867 | <https://forsyth.cc/ces>

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Tips when cooking with an Air Fryer for best results:



1. **Preheat your Air Fryer** to ensure even cooking. Turn on to the recommended cooking temperature for your recipe or food and allow it to run for 3 minutes before placing your food in the A/F.
2. **Use oil on your foods for the Air Fryer**, especially foods that don't have any fat on it like vegetables or battered foods. This helps to crisp and brown your foods.
3. **Grease your Air Fryer basket.** This will ensure the food does not stick or burn. Do not use aerosol spray cans, they are known to have harsh chemicals that cause chipping in many A/F baskets. Rub oil on the basket or use a mister or bottle to coat your basket.
4. **Do not overcrowd the basket.** Placing too much food in the basket will prevent your food from crisping and browning. Cook food in batches or invest in a bigger A/F.
5. **Shake the basket during cooking-** every few minutes or half way through the cooking time to ensure even cooking. Use silicone kitchen tongs to flip larger items.
6. **Spray foods halfway through cooking** to get the best crisp on most foods. Fatty meats may not need spraying. Coated food items and where you see dry flour spots on foods which appear while still air frying may need spraying.
8. **If white smoke appears.** Cooking greasy food in the A/F may create white smoke that will shoot out of the unit. To resolve the issue, pour 2 Tbsp. of water in the bottom of the basket or place a slice of bread in the bottom of the unit to soak up any grease.
9. **Be careful of small light foods in the Air Fryer.** A/Fs have a powerful fan on top of the unit causing light-weight food to fly around the unit and possibly be swept up in the fan causing it to stop turning and creating a fire hazard.
10. **Adjust the temperature for certain foods.** An A/F may not cook foods at the same temperature/time as an oven. Modify the temperatures/time by about 20%, start low and increase the temperature/time as needed for foods to be cooked properly (trial and error).
11. **Invest in a good quick read thermometer.** Cooking foods to their proper cooking temperatures is important to prevent foodborne illness, especially when cooking red meats, fish, poultry, and pork.

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