

GOURMIA®

Air Fryer *Recipe Book*

and Cooking Chart

Includes 30 recipes
uniquely created for
Model **GAF838**



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Gourmia®

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BREAKFAST



Bacon, Egg and Cheese Puffs

1 sheet frozen puff pastry, thawed
4 tablespoons cheddar cheese, shredded
4 tablespoons cooked bacon, chopped
4 eggs

Serves 4 / COOK TIME 14-18 minutes

Preheat Gourmia Air Fryer to BAKE 400°

1. Unfold pastry sheet and cut into 4 squares
2. Gently prick pastry a few times with a fork
3. Place squares in air fryer basket and cook 6-8 minutes until lightly browned
4. Open air fryer basket and using the back of a tablespoon make an indentation in the center of each square
5. Sprinkle 1 tablespoon cheese and 1 tablespoon bacon over each square
6. Carefully crack 1 egg into each of the indentations
7. Return basket to air fryer
8. Continue cooking for an additional 8-10 minutes or until eggs are softly set

BREAKFAST



Blueberry Cornbread

1 cup cornmeal
1 ½ cups all-purpose flour
¾ cup sugar
2 teaspoons baking powder
¾ teaspoon kosher salt
1 cup buttermilk or whole milk
12 tablespoons unsalted butter, melted and cooled
2 large eggs
2 cups blueberries

Makes one 8-inch square pan / COOK TIME 35-45 minutes

Preheat Gourmia Air Fryer to BAKE 350°

1. Grease bottom and sides of metal baking pan
2. Mix cornmeal, flour, sugar, baking powder and salt together in large bowl
3. Mix milk, melted butter, and eggs together in separate bowl
4. Stir milk mixture into flour mixture until just combined
5. Stir in blueberries until just incorporated
6. Transfer batter to prepared pan
7. Bake until golden brown and knife inserted in center comes out clean, 35-45 minutes
8. Check cornbread halfway through baking and cover with foil if top is browning too quickly

Let cornbread cool in pan for 20 minutes before slicing

BREAKFAST



Brunch Baked Potatoes

6 small to medium size russet potatoes
1 tablespoon vegetable oil
Salt and pepper
¾ cup crème fraîche or sour cream
6 slices smoked salmon
Fresh dill for garnish

Serves 6 / COOK TIME 35-45 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Coat the potatoes with the oil and season with salt and pepper
2. Place potatoes in air fryer basket and cook 35-45 minutes or until potatoes are cooked through
3. Let potatoes cool for 5 minutes
4. Make a small slice along the top of each potato and squeeze to open slightly
5. Top each potato with 2 tablespoons of crème fraîche, a slice of smoked salmon and some fresh dill

BREAKFAST



Cinnamon Biscuit Twists

Makes 16 twists / COOK TIME 6-8 minutes

2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon kosher salt
½ cup cold unsalted butter, cut into ¼-inch dice
¾ cup milk

*your favorite biscuit mix (mix according to directions on package) or purchased crescent style rolls can be used for a quicker version, skip to #5 of instructions

4 tablespoons unsalted butter, melted
¼ cup sugar mixed together with 1 teaspoon ground cinnamon

Preheat Gourmia Air Fryer to AIR FRY 375°

1. In a large mixing bowl sift together flour, baking powder and salt
2. Cut cold butter into flour with fork or pastry blender until mixture resembles coarse crumbs
3. Add milk slowly into flour mixture while stirring with a fork until a soft dough forms (you might not need all of the milk)
4. Turn dough out onto a lightly floured surface
5. Roll dough into a rectangle approximately 6-inch x 16-inch and ¼-inch thick
6. Brush dough with melted butter and sprinkle evenly with cinnamon sugar mixture
7. Cut dough into 16, 1-inch x6-inch strips
8. Grasping both ends, twist each strip 3 times
9. Place strips into air fryer basket 1-inch apart and cook for 6-8 minutes or until twists are golden brown

Repeat as necessary until all twists are cooked

BREAKFAST



Guava and Cream Cheese Pastries

1 egg beaten with 1 tablespoon of water
1 sheet frozen puff pastry (8 ounces), defrosted
All-purpose flour, for rolling
6 ounces guava paste cut into 8 squares or 8
tablespoons strawberry jam
8 tablespoons cream cheese, softened
2 tablespoons granulated or turbinado sugar

Makes 6 pastries / COOK TIME 8-12 minutes

Preheat Gourmia Air Fryer to BAKE 375°

1. Unfold pastry sheet and using a small amount of flour, roll out into a 10-inch x 15-inch rectangle
2. Cut the pastry into 6, 5-inch squares
3. Place 1 tablespoon cream cheese onto center of each pastry square and top with 1 guava square (or 1 tablespoon of strawberry jam)
4. Brush edges of pastry squares with a small amount of the egg mixture
5. Fold the pastry in half over the filling to form a triangle
6. Crimp the edges with a fork to seal
7. Brush the filled pastries with the egg mixture and sprinkle with some of the sugar
8. Spray air fryer basket and crisper tray with nonstick cooking spray
9. Place pastries into basket 1-inch apart
10. Cook 8-12 minutes or until golden brown

BREAKFAST



Irish Soda Bread

Scones

2 cups all-purpose flour
4 teaspoons baking powder
¼ cup sugar
¼ teaspoon kosher salt
6 tablespoons cold unsalted butter, cut into pieces
½ teaspoon whole caraway seeds
¼ cup raisins
¾ cup buttermilk or whole milk
1 large egg

Makes 8-10 scones / COOK TIME 10-15 minutes

Preheat Gourmia Air Fryer to BAKE 375°

1. In a food processor pulse flour, baking powder, salt, and sugar a few times until just combined
2. Add the butter and pulse 7-10 times until the butter is completely distributed, the mixture should have a sandy texture to it (dough can be made by hand using two forks to cut butter into flour mixture)
3. Transfer to a large mixing bowl
4. In a small bowl, whisk together the milk and egg, save 2 tablespoons to brush on scones just before baking
5. Pour the remaining milk and egg mixture into the mixing bowl with the dry ingredients
6. Add caraway seeds and raisins to bowl
7. Stir with a spatula until a rough dough forms
8. Transfer to a lightly floured surface and knead briefly until the dough comes together into ball (do not over work the dough or the scones will be tough)
9. Roll dough out to approximately 1-inch thick
10. Using a 2½-inch round cookie or biscuit cutter, cut out circles re-rolling and cutting as necessary to use all of the dough
11. Brush tops of scones with the reserved egg wash
12. Place the scones into the air fryer basket leaving ½-inch space between each, cooking in batches if necessary
13. Bake scones for 10-15 minutes or until tops are golden brown

BREAKFAST



Sour Cream Coffee Cake

Makes one 8-inch round cake / COOK TIME 30-35 minutes

Cake:

- ½ cup unsalted butter, softened
- ½ cup sugar
- 1 large egg
- ½ cup sour cream
- ½ teaspoon vanilla extract
- 1 cup all-purpose flour
- ½ teaspoon kosher salt
- ½ teaspoon baking powder
- ¼ teaspoon baking soda

Topping:

- 1 cup pecans, chopped
- 1 teaspoon ground cinnamon
- ¼ cup light brown sugar

Preheat Gourmia Air Fryer to BAKE 325°

1. Lightly grease an 8-inch metal baking pan
2. Combine topping ingredients together in a bowl and set aside
3. In a large bowl cream together butter and sugar until light and fluffy
4. Add egg and mix, then add sour cream and vanilla and mix again
5. In a separate bowl whisk together the flour, baking soda and baking powder
6. Add dry ingredients to butter mixture and mix until just combined
7. Spoon half of the batter into your prepared pan and smooth into an even bottom layer
8. Sprinkle half of the topping mixture over batter
9. Spoon remaining batter on top and smooth into an even layer
10. Sprinkle remaining topping mixture over top of batter
11. Place pan in air fryer basket and cook 30-35 minutes or until cooked through
12. Check cake halfway through baking and cover with foil if top is browning too quickly

Allow cake to cool 10 minutes before serving

MAIN



Chicken Tostadas

2 cups cooked rotisserie chicken, shredded
½ cup red enchilada sauce
12 corn or small flour tortillas
¾ cup crumbled queso fresco or mozzarella cheese
½ cup Mexican crema or sour cream
1 avocado sliced

Serves 4 / COOK TIME 5-8 minutes

Preheat Gourmia Air Fryer to ROAST 375°

1. Mix together chicken and enchilada sauce
2. Lay tortillas out in a single layer on a cutting board
3. Divide chicken mixture equally between tortillas
4. Repeat with cheese
5. Spray air fryer basket and crisper tray with nonstick cooking spray
6. Cook tortillas four at a time until heated through and tortillas are crispy, approximately 8 minutes
7. Repeat with remaining tortilla
8. Top each tostada with some of the crema and a few slices of avocado

MAIN



Chicken with Orange and Olives

4 boneless skinless chicken breasts
1 tablespoon olive oil
Kosher salt and ground pepper
1 cup large green olives, pitted

Marinade:

1 cup orange juice
½ cup white wine
1 tablespoon olive oil
2 teaspoons garlic, finely chopped
2 teaspoons fresh marjoram or thyme, chopped
½ teaspoon kosher salt
¼ teaspoon fennel seed, coarsely ground
¼ teaspoon ground black pepper
¼ teaspoon crushed red pepper flakes

Serves 4/ COOK TIME 15 minutes (plus additional 1 hour for marinating)

Preheat Gourmia Air Fryer to AIR FRY 375°

1. In a large bowl mix together all marinade ingredients
2. Remove half of the marinade and reserve
3. Add chicken to bowl with remaining marinade
4. Cover and marinate for 1 hour in the refrigerator
5. Remove chicken from marinade and pat dry with paper towels
6. Spray air fryer basket and crisper tray with nonstick cooking spray
7. Arrange chicken in air fryer basket and cook for 15 minutes or until chicken is cooked through

While chicken is cooking

8. Add reserved marinade and olives to a small saucepan
9. Bring to a boil
10. Lower heat and simmer for 5 minutes
11. Remove chicken from air fryer basket to a serving platter and spoon olive and orange sauce over chicken

MAIN



Glazed Steak Bundles

Serves 4 / COOK TIME 8-10 minutes

Bundles:

8 thin slices sirloin or flank steak, approximately 3-inch x 6-inch and no more than ¼-inch thick
1 medium red onion, halved and thinly sliced into strips
1 red bell pepper, halved and thinly sliced into strips
1 green bell pepper, halved and thinly sliced into strips
1 small zucchini, halved and thinly sliced into strips
¼ cup olive oil
½ teaspoon fresh rosemary, finely chopped
Kosher salt and ground black pepper

Glaze:

¾ cup balsamic vinegar
¼ cup beef broth
2 teaspoons brown sugar
1 large clove garlic, minced
1 small sprig fresh rosemary

Preheat Gourmia Air Fryer to AIR FRY 400°

Make the glaze:

1. Mix all ingredients together in a small saucepan
2. Bring to a boil and reduce heat to low
3. Simmer until glaze thickens to a syrupy consistency, approximately 5 minutes
4. Remove from heat
5. Pour into a serving bowl, reserving ¼ of glaze to glaze bundles with

Make the bundles:

1. Rub each side of the steak slices with a little of the olive oil
2. Sprinkle with salt, black pepper and rosemary
3. Place a few of the vegetable strips vertically on one end of each steak slice so that once rolled up the end of the vegetables are sticking out of each end of the steak bundle
4. Roll up and secure with a toothpick
5. Repeat for each steak bundle
6. Place bundles in air fryer basket and cook 5 minutes
7. Open basket, brush each bundle with some of the reserved glaze
8. Continue cooking for an additional 3-5 minutes or until desired doneness
9. Remove toothpicks and serve with additional glaze on the side

MAIN



Inside Out Dumplings

1 pound ground pork or beef
4 ounces water chestnuts, finely minced
3 tablespoons panko breadcrumbs
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon ginger, grated or finely minced
1 teaspoon garlic, grated or finely minced
1 large scallion, minced
1 egg, lightly beaten
½ teaspoon black pepper

Serves 4 / COOK TIME 10-12 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Mix all ingredients together
2. Form into 1 ½-inch balls
3. Spray air fryer basket and crisper tray with nonstick cooking spray
4. Cook 10-12 minutes or until cooked through, cooking in batches if necessary

Serve over noodles or rice

MAIN



Minty Lamb Chops

4 bone-in lamb rib chops

Marinade:

1 cup mint, finely chopped

½ cup parsley, finely chopped

¾ cup olive oil

¼ cup lemon juice

2 tablespoons garlic, finely chopped

½ teaspoon kosher salt

¼ teaspoon ground black pepper

Serves 4 / COOK TIME 15 minutes (plus additional 1 hour for marinating)

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a bowl large enough to hold lamb chops mix together all marinade ingredients
2. Remove half of the marinade and reserve
3. Add lamb chops to remaining marinade in bowl and mix to evenly coat
4. Cover and marinate in the refrigerator for 1 hour
5. Remove lamb chops from marinade shaking off any excess
6. Place lamb chops in air fryer basket and cook 12-15 minutes or until desired doneness flipping chops halfway through cooking

Serve with reserved marinade

MAIN



Sesame Crusted Salmon

4 boneless skinless salmon filets, approximately 6 ounces each
2 tablespoons unsalted butter, softened
2 teaspoons soy sauce
1 tablespoon untoasted sesame seeds, white, black or a combination

Serves 4 / COOK TIME 8-10 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Mix together butter and soy sauce until well combined
2. Brush $\frac{1}{4}$ of butter mixture on each salmon filet
3. Sprinkle with sesame seeds pressing gently to help sesame seeds adhere
4. Place salmon in air fryer basket
5. Cook 8-10 minutes or until just cooked through

VEGETABLES



Cauliflower and Dill Gratin

2 eggs
2 cups whole milk ricotta cheese
1 cup Gruyere or Swiss cheese, shredded
¼ cup fresh dill, chopped
¼ cup fresh parsley, chopped
1 teaspoon onion powder
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 package (16 ounces) frozen cauliflower florets, thawed and patted dry or 16 ounces fresh cauliflower steamed or microwaved for 5 minutes

Topping:

½ cup panko breadcrumbs
4 tablespoons unsalted butter, melted
½ teaspoon garlic powder

Makes one 8-inch round gratin / COOK TIME 25-35 minutes

Preheat Gourmia Air Fryer to BAKE 350°

1. Lightly grease an 8-inch metal baking pan
2. In a large bowl mix together eggs, ricotta cheese, shredded cheese, dill, parsley, onion powder, salt and pepper
3. Stir in cauliflower
4. Spoon into prepared baking pan
5. Mix together topping ingredients and spoon over gratin
6. Place pan into air fryer basket and cook 25-35 minutes until just set
7. Check gratin halfway through cooking and cover with foil if top is browning too quickly

Allow to cool 10 minutes before serving

VEGETABLES



Chili Garlic Broccoli

4 cups broccoli florets fresh or frozen (if using frozen defrost and drain well)
1 tablespoon olive oil
1 fresh red or green hot chili (jalapeno, fresno or similar), sliced into ¼ inch thick rings or ½ teaspoon dried crushed chili flakes
2 medium garlic cloves, sliced
½ teaspoon salt
¼ teaspoon black pepper

Serves 4

COOK TIME 15 minutes for fresh, 10 minutes for frozen (defrosted)

Preheat Gourmia Air Fryer to AIR FRY 375°

1. In a large bowl toss together all ingredients
2. Place broccoli into air fryer basket keeping in a single layer
3. Cook 10-15 minutes or until broccoli is cooked through and nicely browned

*shake basket halfway through cooking to help broccoli brown more evenly

VEGETABLES



Maple Glazed Butternut Squash

4 cups peeled butternut squash, cut into 1-inch cubes
1 tablespoon maple syrup
2 teaspoons olive or vegetable oil
½ teaspoon kosher salt
¼ teaspoon black pepper

Serves 4 / COOK TIME 12-15 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl mix together all ingredients until squash is evenly coated with oil and maple syrup
2. Spray air fryer basket and crisper tray with nonstick cooking spray
3. Place squash in air fryer basket keeping in an even layer
4. Cook 12-15 minutes or until squash is brown and cooked through

VEGETABLES



Pesto Potato Wedges

4 medium russet potatoes, cut into 1-inch thick wedges
½ cup pesto (homemade or purchased), divided
¼ teaspoon black pepper

Serves 4 / COOK TIME 12-15 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl mix together potatoes with ¼ cup pesto and the black pepper until potatoes are evenly coated
2. Spray air fryer basket and crisper tray with nonstick cooking spray
3. Place potatoes in air fryer basket keeping in an even layer
4. Cook 12-15 minutes or until potatoes are brown and cooked through
5. Serve with remaining pesto on the side for dipping

*shake basket halfway through cooking to help potatoes brown more evenly

VEGETABLES



Roasted Garlic

1 head garlic
2 teaspoons olive or vegetable oil

Makes 1 head of garlic / COOK TIME 25-30 minutes

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Slice the very top of the head of garlic off and drizzle with oil
2. Wrap in foil
3. Place in air fryer basket
4. Cook 25-30 minutes or until garlic is very soft and golden brown
5. Unwrap and let sit until cool enough to handle
6. To extract roasted garlic cloves, squeeze from the bottom of the clove up

Use in sauces, dressings, marinades, with vegetables or for garlic bread

VEGETABLES



Simple Roasted Carrots

8 medium size fresh carrots, peeled and sliced in half lengthwise
1 tablespoon olive oil
1 tablespoon fresh or 1 teaspoon dried herbs (thyme, dill, marjoram etc.)
½ teaspoon garlic or onion powder
½ teaspoon salt
¼ teaspoon black pepper

Serves 4 / COOK TIME 15 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl toss together all ingredients
2. Place carrots into air fryer basket keeping in a single layer
3. Cook 15 minutes or until carrots are cooked through and nicely browned

*shake basket halfway through cooking to help carrots brown evenly

SNACKS



Bacon Wrapped Dates

24 large pitted dates
24 pecans
8 slices bacon, cut into thirds
4 ounces Manchego cheese (or a good melting cheese like Cheddar), cut into 24 small rectangles
24 wooden toothpicks

Makes 24 dates, 6 servings / COOK TIME 8-12 minutes

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Carefully open date just enough to fill with 1 piece of cheese and 1 pecan, there should already be an opening where the pit was removed
2. Wrap each date with 1 piece of bacon
3. Secure with a toothpick
4. Place dates in air fryer basket
5. Cook 8-12 minutes or until bacon is cooked and a little crisp
6. Remove toothpicks before serving

SNACKS



BBQ Onion Rings

½ cup all-purpose flour
2 teaspoons BBQ seasoning
½ cup buttermilk, or whole milk
1 egg
1 cup panko breadcrumbs
1 large yellow sweet onion, sliced ½-inch thick and separated into rings
Ranch dressing for serving (optional)

Serves 4 / COOK TIME 8-10 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a shallow pan, combine flour with BBQ seasoning
2. In a separate pan, beat egg together with buttermilk
3. Put panko in another separate pan
4. Working in batches, dip onion rings into seasoned flour, then egg mixture and lastly into panko
5. Spray air fryer basket and crisper tray with nonstick cooking spray
6. Place as many onion rings as will fit in a single layer into air fryer basket and spray with a little nonstick cooking spray
7. Cook in batches if necessary
8. Cook onion rings for 8-10 minutes until golden brown

Serve with ranch dressing if desired

SNACKS



Buttery Garlic Rolls

1 (16-ounce) pizza dough, store bought, or homemade
½ cup melted unsalted butter, divided
2 teaspoons garlic, minced
2 teaspoons fresh parsley, chopped
2 teaspoons Parmesan cheese

Makes 8-inch square pan

COOK TIME 20-30 minutes (plus additional 35-45 minutes rise time)

Preheat Gourmia Air Fryer to BAKE 375°

1. Spray an 8-inch round metal baking pan with nonstick cooking spray
2. Divide dough into 8 equal pieces
3. Roll each piece into a ball and place smooth side up in prepared pan
4. Brush with half of the melted butter
5. Cover and let rise until double, 35-45 minutes
6. Uncover and bake for 15 minutes
7. Remove from air fryer, brush tops with remaining butter and sprinkle with garlic, parsley and Parmesan cheese
8. Return to air fryer and continue cooking until rolls are cooked through and tops are golden brown, approximately 5-10 minutes longer

SNACKS



Crab Chips

8 ounces imitation crab sticks carefully torn into long strips and dried well
1 tablespoon vegetable oil
1 tablespoon old bay seasoning

Serves 8 / COOK TIME 8-12 minutes

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Put crab strips in a large bowl
2. Pour oil over crab and gently mix
3. Sprinkle seasoning over crab and toss to coat evenly
4. Spray air fryer basket and crisper tray with nonstick cooking spray
5. Spread crab out in a single layer in basket cooking in two batches if necessary
6. Cook 8-12 minutes or until crab strips are crisp

Cool completely before serving

SNACKS



Crab Rangoon

8 ounces cream cheese or chive cream cheese, softened
1 green onion, finely chopped (omit if using chive cream cheese)
6 ounces crab meat or imitation crab sticks (if using sticks chop into ¼-inch pieces)
1 package wonton wrappers
Vegetable oil

Makes approximately 36 Rangoon, 12 servings
COOK TIME 8- 10 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Mix together cream cheese, green onion and crab meat
 2. Dampen the outer edges of each wrapper with a little water
 3. Place about 2 teaspoons of filling in the center of each wrapper
 4. Fold in half into a triangle and gently press edges together to seal
 5. Brush both sides of each triangle with oil and place in single layer in air fryer basket
 6. Cook 8-10 minutes until golden brown and crispy
- Repeat as necessary until all crab Rangoon are cooked

SNACKS



Sticky Red Curry Wings

2 pounds chicken wings, separated into drumettes and flats
¼ cup sweet and sour or duck sauce
2 teaspoons Thai red curry paste (usually sold in small cans)
1 teaspoon soy sauce
1 medium garlic clove, minced
1 green onion, sliced thin for garnish

Serves 2 / COOK TIME 20-25 minutes

Preheat Gourmia Air Fryer to AIR FRY 350°

1. In a large bowl mix together sweet and sour sauce, red curry paste, soy sauce and garlic
2. Add wings to bowl and mix until wings are evenly coated in sauce
3. Spray air fryer basket and crisper tray with nonstick cooking spray
4. Place wings in air fryer basket making sure to keep them in a single layer (cook wings in two batches if necessary)
5. Cook for 20-25 minutes or until wings are cooked through
6. Garnish with sliced green onions

DESSERT



Apricot Almond Diamonds

½ cup (about 5 ounces) packed almond paste, crumbled
¼ teaspoon ground cardamom
½ teaspoon kosher salt
¾ cup sugar
1 cup unsalted butter, softened
1 large egg
1 teaspoon almond extract
1 ¼ cups all-purpose flour
½ cup apricot jam
½ cup raw sliced almonds

Makes one 8-inch square pan / COOK TIME 25–35 minutes

Preheat Gourmia Air Fryer to BAKE 325°

1. Line an 8-inch metal baking pan with parchment paper, leaving about 2 inches of overhang on either side.
2. Spray with nonstick cooking spray and set aside
3. In a food processor, pulse the almond paste until the paste is reduced to crumbs
4. Add the cardamom, salt, and sugar, pulse until well combined
5. Add the egg and process until smooth
6. Add the almond extract and the flour, pulse until well combined
7. Spread the batter evenly in the bottom of the prepared pan
8. Spread the apricot preserves evenly over the batter
9. Sprinkle almonds evenly over apricot jam
10. Bake for 25–35 minutes, until almonds are browned, and cookie base is set
11. Check cookies halfway through baking and cover with foil if top is browning too quickly
12. Remove from oven and cool completely
13. Use the parchment paper to lift out of the pan and set on a cutting board
14. Cut into 16 equal diamonds

DESSERT



Buttery Shortbread Cookies

1 cup unsalted butter, softened
½ cup sugar
½ teaspoon kosher salt
2 cups all-purpose flour

Makes one 8-inch square pan / COOK TIME 20–30 minutes

Preheat Gourmia Air Fryer to BAKE 325°

1. In the bowl of a stand mixer fitted with the paddle attachment, cream butter, salt and sugar until light and fluffy
2. Gradually beat in flour
3. Press dough into an ungreased metal baking pan
4. Prick dough all over with a fork
5. Bake in preheated air fryer for 20–30 minutes until light golden brown
6. Check halfway through baking and cover with foil if top is browning too quickly
7. Cut into bars or triangles while still warm

DESSERT



Easy Chocolate Cake

1 ¼ cups all-purpose flour
1 cup granulated sugar
⅓ cup unsweetened cocoa powder
¾ teaspoon baking soda
½ teaspoon kosher salt
1 cup cold water
⅓ cup vegetable oil
1 teaspoon vanilla extract
1 teaspoon apple cider vinegar or white vinegar
2 tablespoons semisweet chocolate chips
Powdered sugar, for dusting top of cake

Makes one 8-inch round cake / COOK TIME 20-30 minutes

Preheat Gourmia Air Fryer to BAKE 325°

1. Spray an 8-inch metal baking pan with nonstick cooking spray
2. In a large bowl mix together all ingredients in the order listed
3. Pour cake batter into prepared pan and spread out batter evenly, smoothing top
4. Bake in preheated air fryer for 20 minutes or until center of cake is cooked through
5. Check cake halfway through baking and cover with foil if top is browning too quickly
6. Cool cake completely before dusting with powdered sugar

DESSERT



Polenta Olive Oil Cake

3 large eggs
¾ cup sugar
½ cup olive oil (use mild flavored for a subtle taste or extra virgin for a more assertive olive oil flavor)
½ cup whole milk
½ teaspoon vanilla extract
1 tablespoon grated lemon zest (approximately one medium lemon)
1 cup all-purpose flour
½ cup finely ground polenta (or cornmeal)
1½ teaspoons baking powder
½ teaspoon kosher salt
Powdered sugar, for dusting top of cake

Makes one 8-inch round cake / COOK TIME 20-30 minutes

Preheat Gourmia Air Fryer to BAKE 325°

1. Spray an 8-inch metal baking pan with nonstick cooking spray
2. In the bowl of a stand mixer fitted with the paddle attachment, beat eggs and sugar on high for 30 seconds
3. Add oil in a slow, steady stream, beating until combined
4. Reduce mixer speed to low and add milk, vanilla and lemon zest, beating until combined
5. In a medium bowl, whisk together flour, polenta (or corn meal), baking powder, and salt
6. Gradually add flour mixture to egg mixture, beating until combined
7. Pour batter into prepared pan
8. Bake in preheated air fryer for 20-30 minutes or until center of cake is cooked through
9. Check cake halfway through baking and cover with foil if top is browning too quickly
10. Cool cake completely before dusting with powdered sugar

DESSERT



Raspberry Cheesecake Bars


















1 cup graham cracker crumbs, plain or chocolate
½ cup plus 1 tablespoon sugar, divided
6 tablespoons unsalted butter, melted
1 teaspoon grated lemon zest
1 teaspoon lemon juice
2 packages (8 ounces each) cream cheese,
softened
2 eggs
2 tablespoons seedless raspberry jam, stirred until
no lumps remain















Makes one 8-inch round cake / COOK TIME 20-30 minutes






Preheat Gourmia Air Fryer to BAKE 325°

1. Line a metal 8-inch baking pan with foil, with ends of foil extending over sides
2. Combine graham cracker crumbs, 1 tablespoon of sugar and melted butter
3. Press onto bottom and a quarter of the way up the sides of pan
4. Mix cream cheese, lemon zest, lemon juice and remaining ½ cup of sugar in large bowl until combined
5. Add eggs and mix well
6. Pour over prepared crust
7. Spoon raspberry jam over filling and using the tip of a knife swirl over top of cheesecake
8. Bake 20 minutes or until center is set
9. Check cake halfway through baking and cover with foil if top is browning too quickly
10. Cool completely
11. Refrigerate at least 4 hours or preferably overnight
12. Use foil handles to remove cheesecake from pan before slicing into bars

AIR FRY COOKING CHART

















	INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
	VEGETABLES					
	Asparagus	1 bunch	Whole, trimmed	2 tsp	400°F	7–10 minutes
	Beets	4 medium	Whole, skin on	None	350°F	45–60 minutes
	Bell peppers (to roast)	4 medium	Whole	None	400°F	20–25 minutes
	Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	400°F	10–12 minutes
	Brussels sprouts	16 oz	Cut in half	1 Tbsp	400°F	15–20 minutes
	Butternut squash	1 small	Peeled, cut in 1-inch cubes	1 Tbsp	400°F	20–25 minutes
	Carrots	16 oz	Peeled, cut in ½-inch pieces	1 Tbsp	400°F	13–16 minutes
	Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	400°F	15–20 minutes
	Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	400°F	12–15 minutes
	Green beans	16 oz	Trimmed	1 Tbsp	400°F	8–10 minutes
	Kale (to make chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	15–20 minutes
	Mushrooms	16 oz	Cut in half	1 Tbsp	400°F	8–10 minutes
	Potatoes, russet	16 oz	Cut in 1-inch wedges	1 Tbsp	400°F	25–30 minutes
		16 oz	Hand-cut fries, thin	1 Tbsp	400°F	15–20 minutes
		16 oz	Hand-cut fries, thick	1 Tbsp	400°F	25–30 minutes
		4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
	Potatoes, sweet	16 oz	Cut in 1-inch cubes	1 Tbsp	400°F	15–20 minutes
		4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
	Zucchini	2 medium	Cut in half lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	12–15 minutes
	Eggplant	1 medium	Cut in quarters lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	15–18 minutes
	Tofu	16 oz	Cut in 1-inch cubes	1 Tbsp	375°F	15–18 minutes

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
POULTRY					
 Chicken breasts	2 breasts (12 oz each) 2 breasts (8 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	20–30 minutes 15–20 minutes
 Chicken thighs	4 thighs (6 oz each) 4 thighs (10 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	25–35 minutes 18–25 minutes
 Chicken wings	16 oz	Drumettes & flats	1 Tbsp	400°F	20–25 minutes
 Turkey breast	4 cutlets (6 oz each)	Boneless	Brushed with oil	400°F	10–12 minutes
FISH & SEAFOOD					
 Crab cakes	2 cakes (6 oz each)	None	Brushed with oil	375°F	10–12 minutes
 Lobster tails	4 tails (4 oz each)	Whole	None	375°F	5–8 minutes
 Salmon fillets	2 fillets (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
 White fish fillets	2 fillets (6 oz each)	None	Brushed with oil	400°F	10–12 minutes
 Swordfish	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
 Tuna	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
 Shrimp	16 oz	Whole, peeled	1 Tbsp	375°F	7–10 minutes
BEEF					
 Burgers	4 (4 oz each)	1-inch thick	None	400°F	8–10 minutes
 Meatballs	12 (2-inches thick)	2-inches thick	None	400°F	10–15 minutes
 Steak	2 steaks (8 oz each, 1-inch thick)	Bone-in	None	400°F	15–20 minutes
	2 steaks (8 oz each, 1-inch thick)	Boneless	None	400°F	10–15 minutes

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
PORK & LAMB					
 Bacon	6 strips	None	None	375°F	8–10 minutes
 Lamb chops	2 thick-cut, sirloin chops (6 oz each) 4 rib chops (4 oz each)	Bone-in Boneless	Brushed with oil	375°F 400°F	20–25 minutes 15–20 minutes
 Pork chops	2 thick-cut, bone-in chops (8 oz each) 4 boneless chops (6 oz each)	Bone-in Boneless	Brushed with oil	375°F 400°F	20–25 minutes 15–20 minutes
 Pork tenderloin	1 tenderloin (16 oz)	Cut in half	Brushed with oil	400°F	20–25 minutes
 Sausages	4 sausages	Whole	None	375°F	8–10 minutes

FROZEN FOODS

 Chicken tenders	16 oz	None	None	400°F	15–20 minutes
 Chicken nuggets	16 oz	None	None	400°F	10–12 minutes
 Fish fillets	4 (6 oz each, unbreaded)	None	Brushed with oil	400°F	12–18 minutes
 Fish sticks	16 oz	None	None	400°F	10–12 minutes
 French fries	16 oz	None	None	400°F	20–25 minutes
 Egg rolls	16 oz	None	None	400°F	15–18 minutes
 Mozzarella sticks	16 oz	None	None	400°F	8–10 minutes
 Dumplings	16 oz	None	None	375°F	12–15 minutes
 Pizza	Personal size	None	None	375°F	10–12 minutes
 Pizza rolls	16 oz	None	None	400°F	12–15 minutes
 Shrimp	16 oz (breaded)	None	None	400°F	12–15 minutes
 Tater tots	16 oz	None	None	400°F	15–18 minutes
 Onion rings	16 oz	None	None	400°F	10–12 minutes
 Frozen vegetables	16 oz	None	1 Tbsp	400°F	10–15 minutes

INGREDIENT	PREPARATION	TEMPERATURE	DEHYDRATE TIME
FRUITS & VEGETABLES			
 Apples	Core removed, cut in 1/8-inch slices	135°F	7–8 hours
 Apricot	Cut in 1/8-inch slices, pit removed	135°F	8–10 hours
 Bananas	Peeled, cut in 1/8-inch slices	135°F	8–10 hours
 Beets	Peeled, cut in 1/8-inch slices	135°F	6–8 hours
 Fresh herbs	Rinsed, patted dry, stems removed	135°F	4 hours
 Ginger root	Cut in 1/8-inch slices	135°F	6 hours
 Mangoes	Peeled, cut in 1/8-inch slices, pit removed	135°F	8–10 hours
 Mushrooms	Cut in 1/4-inch slices (wiped clean with a paper towel)	135°F	6–8 hours
 Pineapple	Peeled, cored, cut in 1/8-inch slices	135°F	8–10 hours
 Strawberries	Cut in half or in 1/8-inch slices	135°F	8–10 hours
 Tomatoes	Cut in 1/8-inch slices	135°F	6–8 hours
 Tomatoes, cherry	Cut in half	135°F	8–10 hours
MEAT, POULTRY & FISH			
 Beef	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Chicken	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Turkey	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Salmon	Cut in 1/4-inch slices, marinated overnight	150°F	5–7 hours

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