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TURBO AIR FRYER

**Eat
Ours** ▶



Up to **70%** Fewer Calories from Fat



**Eat Your
Favorite
Foods
Guilt Free!**

◀ **Not
Theirs**

ERIC THEISS
Chef & Culinary Expert



RECIPE BOOK

PowerXLTM
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TURBO AIR FRYER



CAKE POPS

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EAT OURS, NOT THEIRS

Everybody loves the taste of fried food, but deep-fried food is loaded with extra calories and fat. Now, with the **PowerXL Turbo Air Fryer**, you can eat the fried foods you love without giving up the great taste. Food fried in the **PowerXL Turbo Air Fryer** has up to 70% fewer calories from fat than deep-fried food. This recipe book shows you how you can make some of your favorite fried recipes at home without the guilt.

Ours vs. Theirs

This chart shows you the difference in calories between some of the recipes in this book and comparable dishes from some well-known restaurants, so you can have an idea how many calories you're saving by cooking your favorite meals at home in the **PowerXL Turbo Air Fryer**.

RECIPE	CALORIES (Ours)*	CALORIES (Theirs)*	CALORIES SAVED*
White Bread <i>compared to Wonder Bread®</i>	150	165	15
Air-Fried Onion <i>compared to Outback Steakhouse®</i>	200	325	125
Hamburger Rolls <i>compared to Mc Donald's® Big Mac</i>	563	500	63
Philly Cheesesteak Rolls <i>compared to Food Network®</i>	540	623	83
French Fries <i>compared to Burger King®</i>	210	325	115
Jalapeño Poppers <i>compared to Burger King®</i>	490	633	143
Fried Chicken <i>compared to KFC®</i>	580	750	170
General Tso's Chicken <i>compared to Chinese restaurants</i>	600	1577	977

*per serving



White Bread

Serves 4-6



Ingredients

1 package active dry yeast
2 cups warm water
(110° F/43° C)
2 tbsp. sugar
1 tbsp. salt
6 - 6 ½ cups flour
3 tbsp. butter,
melted and cooled

Directions

1. Combine the yeast, water, and sugar in the bowl of a stand mixer. Let proof for 5 mins.
2. Mix in 4 cups flour. Gradually mix in the remaining flour ½ cup at a time. Knead with a bread hook until smooth and elastic (10 mins.).
3. Transfer the dough to a large bowl greased with the butter and turn to coat the dough in the grease. Cover and let rise until the size doubles (1 ½ hrs.).
4. Place a wire rack in the air fryer. Punch down the dough. Turn the dough onto the rack and let rise until the size doubles (about 30 mins.).
5. Select the Bake setting and cook at 350° F/177° C for 45-50 mins. When done, the bread should sound hollow when tapped.



Air-Fried Onion

Serves 2

Ingredients

- 1 large Vidalia onion, peeled
- 2 ½ cups flour
- 3 tbsp. Cajun seasoning
- 2 tbsp. paprika
- 2 eggs
- 1 cup buttermilk

Directions

1. Cut slices all around the onion, leaving the bottom quarter of the onion unsliced.
2. Combine the flour, Cajun seasoning, and paprika in a bowl and mix.
3. Combine the eggs and buttermilk in a separate bowl and mix.
4. Place the onion, cut-side up, in a separate bowl and spoon in the flour mixture. Shake out any excess flour.
5. Dip the onion in the egg mixture. Then, dip the onion into the flour mixture.
6. Lower a wire rack into the air fryer. Place the onion on the rack and spray with cooking spray.
7. Select the French Fry setting and cook at 400° F/204° C for 20 mins. Cook until golden brown and crispy.



Air-Fried Buffalo Cauliflower

Serves 4-6

Ingredients

¾ cup flour
1 cup seltzer or club soda
1 tsp. salt
1 head cauliflower,
cut into large florets
½ cup buffalo sauce

Directions

1. Combine the flour, seltzer/club soda, and salt in a bowl to make a batter.
2. Dip the cauliflower into the batter.
3. Transfer the cauliflower to the air fryer. Select the French Fry setting and cook at 400° F/204° C for 10 mins. Cook until crispy.
4. Place the buffalo sauce in a small bowl. When the cooking cycle is complete, remove the cauliflower and toss in the buffalo sauce.
5. Return the cauliflower to the air fryer. Select the French Fry setting and cook at 400° F/204° C for 10 mins.



Hamburger Rolls

Serves 6

Ingredients

2 oz. chopped bacon
10 oz. ground beef
½ cup diced onion
½ tsp. salt
¼ tsp. ground black pepper
1 tbsp. yellow mustard
3 tbsp. ketchup
2 tbsp. finely chopped pickles
2 tbsp. barbeque sauce
1 13.8 oz. can pizza dough,
rolled to ⅛ in. thick
6 slices American cheese
1 egg, beaten
2 tbsp. water
1 tbsp. sesame seeds

Directions

1. Place a skillet on the stove top. Add the bacon and cook over medium heat until crisp.
2. Add the ground beef and onion and cook until the beef is fully cooked.
3. Remove the skillet from the heat. Add the salt, black pepper, mustard, ketchup, pickles, and barbeque sauce.
4. Divide the dough into six squares. Place 1 cheese slice in the center of each dough square. Top each cheese slice with 2 tbsp. meat mixture.
5. Bring the edges of the dough together to seal in the meat. Lower a wire rack into the air fryer. Place the dough, seam-side down, on the rack.
6. Combine the egg and water in a small bowl and mix to make egg wash.
7. Brush the dough with the egg wash and sprinkle the sesame seeds over the top of the dough.
8. Cook at 375° F/191° C for 15 mins. Cook until the dough is golden brown.

Philly Cheesesteak Rolls

Serves 8



Ingredients

1 1-lb. rib eye steak ¼ in. thick
salt, to taste
ground black pepper, to taste
16 egg roll wrappers
48 slices provolone
8 tsps. steak sauce
2 cups crushed dehydrated
onion slices
3 egg yolks
3 tbsp. water

Directions

1. Season the steak with the salt and pepper.
2. Place a wire rack into the air fryer. Place the steak on the wire rack. Select the French Fry setting and cook at 400° F/204° C for 10 mins. Halfway through the cooking cycle, flip the steak.
3. Let steak cool. Cut the steak into thin slices and then chop the slices into ½-in. pieces.
4. Lay out the egg roll wrappers on a work surface. Top each wrapper with 3 provolone slices, 2 tbsp. chopped steak, ½ tsp. steak sauce, and ⅛ tsp. crushed dehydrated onions.
5. Combine the egg yolks and water in a bowl to make an egg wash. Brush the edges of the egg roll wrappers with the egg wash. Roll up the wrappers. Brush the rolls again with the beaten egg.
6. Place the rolls in the air fryer. Select the French Fry setting and cook at 400° F/204° C for 10 mins. When the cooking cycle is complete, turn the rolls.
7. Select the French Fry setting and cook at 400° F/204° C for 10 mins.



Pizza Cones

Serves 6

Ingredients

6 classic waffle cones, edges trimmed slightly so they stand up
1 14 ½-oz. crust pizza dough
1 ½ cups shredded mozzarella
½ cup sliced pepperoni
½ cup sliced red and or green pepper
½ cup pizza sauce

Directions

1. Cut parchment paper into triangles large enough to wrap around the waffle cones. Place the point of a waffle cone in the center of the long side of each triangle. Wrap the waffle cone in parchment paper, tucking the long pieces into cone. Spray with nonstick cooking spray.
2. Roll the pizza dough out to ⅛ in. thick.
3. Cut rounded triangles of dough out of the corners of the dough rectangle. Roll the dough around the waffle cones, wetting the overlapping edges so the dough sticks to itself.
4. Stuff the cones with the mozzarella, pepperoni, pepper, and pizza sauce and place the cones ioven-safe 6-oz. jars, mugs, or specialized racks to keep the cones upright.
5. Place the jars and pizza cones in the air fryer. Select the Bake setting and cook at 350° F/177° C for 10 mins. Cook until the cheese is melted and the ingredients are heated through.



**SAVE
115
CALORIES
PER SERVING**

French Fries

Serves 2

Ingredients

2 Idaho potatoes
½ tsp. salt
½ tsp. ground black pepper
½ tsp. paprika
2 tbsp. olive oil

Directions

1. Microwave the potatoes for 3 minutes. Let cool.
2. Cut the potatoes into French fry shapes.
3. Toss with salt, black pepper, paprika, and olive oil.
4. Place a wire rack into the air fryer. Place the fries on the wire rack. Select the French Fry setting and cook at 400° F/204° C for 25 mins.
5. Toss the fries two or three times during the cooking process to ensure even crisping.

Turkey Jerky

Serves 6-8

Ingredients

- 1 1-lb. turkey breast
- 1/3 cup pineapple juice
- 1/4 cup soy sauce
- 1/2 tsp. ground black pepper
- 1/4 tsp. red chili flakes

Directions

1. Slice the turkey breast into 1/4 in.-thick slices.
2. Place a pot on the stove top. Combine the pineapple juice, soy sauce, black pepper, and red chili flakes. Bring the marinade to a boil and then simmer at 165° F/74° C.
3. Add the turkey slices to the marinade, stir, and then turn off the heat.
4. Carefully transfer the turkey with the marinade to a sealable plastic bag. Refrigerate the turkey in the marinade overnight.
5. Place the wire racks in the air fryer. Layer the turkey on the racks. Select the Dehydrate setting and cook at 160° F/71° C for 2 hrs.



Truffle Deviled Eggs

Serves 12

Ingredients

1 dozen eggs
¼ cup mayonnaise
2 tsp. Dijon mustard
¼ tsp. truffle oil
⅛ tsp. truffle salt
2 tbsp. chopped chives

Directions

1. Place a wire rack in the air fryer. Place the eggs on the wire rack. Select the French Fry setting and cook at 350° F/177° C for 18 mins.
2. When the cooking process is complete, place the eggs in an ice bath for 5 mins. Then, peel the eggs. Slice the eggs in half and remove the yolks.
3. Combine the egg yolks, mayonnaise, mustard, truffle oil, and truffle salt in a bowl and mix.
4. Spoon the egg yolk mixture into the egg whites and sprinkle the eggs with the chopped chives.

Japanese Soufflé Pancakes

Serves 5

Ingredients

1 ½ cups flour
2 tsp. baking powder
½ tsp. kosher salt
1 large egg yolk
2 tbsp. sugar
1 ¼ cups milk
¼ cup butter,
melted and cooled
3 egg whites
butter, for serving
maple syrup, for serving

Directions

1. Spray five 1-cup heatproof glass ramekins with nonstick cooking spray.
2. Combine the flour, baking powder, and salt in large bowl.
3. Combine the egg yolk and sugar in a separate bowl. Then, whisk in the milk.
4. Pour the milk mixture into the flour mixture and stir to combine. The mixture can be lumpy. Then, mix in the butter.
5. Place the egg whites in a separate bowl and beat to firm peaks. Then, fold the egg whites into the batter.
6. Place ¾ cup of the batter into each glass ramekin. Lower a wire rack into the air fryer. Place the ramekins on the rack.
7. Select the Bake setting and cook at 370° F/188° C for 20 mins. Cook until golden brown and puffed. Serve with the butter and maple syrup.

Jalapeño Poppers

Serves 4



Ingredients

8 large jalapeños
(about $\frac{3}{4}$ lb.),
blanched & skin removed
2 oz. cream cheese, softened
 $\frac{1}{2}$ cup shredded
cheddar cheese
 $\frac{1}{2}$ cup shredded
mozzarella cheese
1 tsp. salt
 $\frac{1}{2}$ cup flour
2 eggs, beaten
2 cups breadcrumbs

Directions

1. Slice down the center of the blanched jalapeños and remove the seeds and ribs.
2. Combine the cream cheese, cheddar, and mozzarella in a bowl.
3. Evenly divide the cheese mixture between the jalapeños.
4. Combine the salt and flour in a separate bowl.
5. Dredge the jalapeños in flour, then the egg, and finally the breadcrumbs.
6. Place a wire rack in the air fryer. Place the jalapeños on the rack.
7. Select the French Fry setting and cook at 400° F/204° C for 15 mins. Turn the jalapeño poppers occasionally. Cook until golden.



Fried Chicken

Serves 9

Ingredients

1 egg
1 cup buttermilk
2 tsp. salt
18 pieces chicken

Seasoned Flour

2 cups flour
1 tbsp. salt
1 ½ tsp. dried thyme
1 ½ tsp. dried basil
1 ½ tsp. dried oregano
¾ tbsp. celery salt
1 ½ tsp. black pepper
1 tsp. ground mustard
2 tbsp. paprika
1 ½ tbsp. garlic salt
1 tbsp. ground ginger
¾ tbsp. ground white pepper

Directions

1. Combine the egg, buttermilk, and salt in a large bowl. Marinate the chicken in the bowl for 30 mins. in the refrigerator.
2. When the chicken is done marinating, combine the seasoned flour ingredients in a separate bowl.
3. Dredge the chicken in the flour mixture and let the chicken sit for 20 mins.
4. Lower a short wire rack and a tall wire rack into the air fryer. Place the chicken pieces on the racks.
5. Select the Chicken setting and cook at 400° F/204° C for 15 mins. When the cooking cycle is complete, flip the chicken on the top rack.
6. Select the Chicken setting and cook at 400° F/204° C for another 15 mins. When the cooking cycle is complete, rotate the racks and flip the chicken on the bottom rack.
7. Select the Chicken setting and cook at 400° F/204° C for another 15 mins.



Pretzel and Kielbasa Skewers

Serves 8

Ingredients

Pretzels:

1 ½ cups warm water
1 tbsp. sugar
2 tsp. salt
1 package active dry yeast
4 ½ cups flour

2 oz. unsalted, butter,
melted
6 cheddar cheese sticks,
quartered
10 cups water
⅔ cup baking soda

egg wash (1 egg yolk
beaten with 1 tbsp. water)
pretzel salt
1 kielbasa
cut into 1 ¼-in. pieces



Directions

1. Combine the warm water, sugar, and salt in the bowl of a stand mixer. Sprinkle the yeast over the water and let sit for 5 mins.
2. Add the flour and melted butter and mix with a dough hook until smooth and the dough pulls away from bowl (about 4 mins.).
3. Transfer the dough to an oiled bowl and let rise for 1 hr.
4. When the dough has risen, divide the dough into $\frac{2}{3}$ -oz. pieces.
5. Place a piece of cheese in the center of each pretzel dough ball and pinch the edges together to seal.
6. Place a pot on the stove top. Bring the water and baking soda to a boil. Cook the pretzels in the boiling water for 30 secs. Then, freeze the pretzels for 1 hr.
7. Once the pretzels have been frozen, brush the pretzels with the egg wash and sprinkle with pretzel salt.
8. Skewer the kielbasa and pretzels onto 8 skewers, alternating the pretzels and the kielbasa pieces (3 pretzels and 3 kielbasa slices per skewer).
9. Assemble the rotisserie spit with the skewers and insert the rotisserie spit and rotisserie attachment in the air fryer.
10. Select the Roast setting and cook at 350° F/177° C for 15 mins. Turn on the rotisserie attachment and cook until the pretzels are browned.
11. Serve with mustard for dipping.

Nacho Cheese Chip Grilled Cheese Sandwiches

Serves 3

Ingredients

6 slices white bread
24 slices American cheese
4 eggs, beaten
1 large bag nacho cheese tortilla chips, finely crushed

Directions

1. Assemble three sandwiches with four cheese slices for each sandwich.
2. Dip the sandwiches in the beaten egg and then dredge the sandwiches in the crushed chips.
3. Lower a wire rack into the air fryer. Place the sandwiches on the rack.
4. Select the French Fry setting and cook at 400° F/204° C for 10 mins. Halfway through the cooking cycle, flip the sandwiches.



Rotisserie Chicken

Serves 4

Ingredients

- 1 4-lb. chicken
- 1 tbsp. salt
- ½ tsp. granulated garlic
- ½ tsp. granulated onion
- ½ tsp. paprika
- 1 tsp. ground black pepper

Directions

1. Season the chicken with the salt, garlic, onion, paprika, and black pepper. Truss the chicken with twine.
2. Slide the Rotisserie Spit through the center of the chicken and secure the chicken with the Rotisserie Forks.
3. Attach the Rotisserie Spit and Motor Drive to the air fryer.
4. Select the Roast setting and cook at 350° F/177° C for 1 hr. Turn on the Motor Drive and cook until the internal temperature of the chicken reaches 165° F/74° C.
5. Let rest for 15 mins. before slicing.

General Tso's Chicken

Serves 4



Ingredients

Chicken:

¼ cup reduced sodium soy sauce
1 egg white, beaten
8 dried red chilies, stemmed and seeded
1 cup cornstarch
1 3 lb. boneless, skinless chicken breast cut into bite-size pieces

Sauce:

1 tsp. canola oil
1 tbsp. finely chopped ginger root
1 tbsp. finely chopped garlic
½ cup chicken broth
2 tbsp. soy sauce, reduced sodium
¼ cup ketchup
¼ cup sugar
2 tsp. cornstarch

Directions

1. Combine the soy sauce, egg white, and chilies in a bowl and mix. Stir in 1 cup cornstarch.
2. Spray a wire rack with nonstick cooking spray. Lower the rack into the air fryer. Dip the chicken in the soy sauce mixture and place the chicken on the rack.
3. Select the Chicken setting and cook at 400° F/204° C for 10 mins.
4. While the chicken cooks, make the Sauce: Place a saucepan on the stove top. Add the oil and heat the oil over medium heat.
5. Add the ginger and garlic and cook.
6. Add the broth, soy sauce, ketchup, and sugar. Then, whisk in 2 tsp. cornstarch and cook until thickened. Remove and reserve the sauce.
7. When the cooking cycle is complete, toss the chicken with the sauce. Serve with rice, chopped scallions, and sesame seeds.

Roast Beef

Serves 6

Ingredients

3 lb. eye round

Eric's Everyday Rub*

2 tbsp. crushed sea salt

2 tbsp. crushed black pepper

2 tbs. granulated garlic

2 tbsp. granulated onion

1 tbsp. dried basil

½ tsp. red pepper flakes

1 tbsp. coriander

1 tsp. dry mustard

1 tsp. brown sugar

Directions

1. Slide the Rotisserie Spit through the center of the eye round and secure the eye round with the Rotisserie Forks.
2. Combine the Eric's Everyday Rub ingredients in a bowl and mix. Season the eye round with 2 tbsp. Eric's Everyday Rub
3. Attach the Rotisserie Spit and Motor Drive to the air fryer.
4. Set the air fryer to Roast, turn on the Motor Drive, and cook at 350° F/177° C until the desired doneness is reached (about 1 hr.).
5. Let the eye round rest for 20 mins. before slicing.

* Any leftover rub can be stored in an airtight container for later use.

Roast Turkey Breast

Serves 8

Ingredients

1 6-lb. bone-in turkey breast

Eric's Poultry Rub*

2 tbsp. crushed sea salt

2 tbsp. paprika

1 tsp. sugar

1 tbsp. turmeric

2 tsp. garlic powder

2 tsp. granulated dried onion

1 tbsp. ground thyme

1 tsp. mustard powder

½ tsp. cayenne

2 tsp. dried lemon peel

1 tbsp. ground black pepper

Directions

1. Combine the Eric's Poultry Rub ingredients in a bowl and mix. Rub the turkey breast all over with 2 tbsp. Eric's Poultry Rub.
2. Place a wire rack into the air fryer. Place the turkey on the wire rack.
3. Set the air fryer to the Roast setting and cook at 350° F/177° C for 30 mins.
4. Flip the turkey on its side and roast for an additional 30 mins. at 350° F/177° C.
5. Flip the turkey to its other side and roast at 350° F/177° C until the internal temperature of the turkey reaches 155° F/68° C (about 30 mins.).
6. Let the turkey rest for 20 mins. before slicing and serving.



Brownie Wontons

Serves 9

Ingredients

- 1 box brownie mix
- 1 egg
- 2 tbsp. water
- 9 egg roll wrappers

Directions

1. Prepare the brownies according to the instructions on the packaging. Let the brownies cool in an 8 x 8 baking pan.
2. Cut the brownies into nine squares.
3. Combine the egg and water in a bowl to make an egg wash.
4. Place the egg roll wrappers on a work surface. Place a brownie in the center of each egg roll wrapper. Fold the edges of the wrappers to make squares. Brush the edges of the wontons with the egg wash.
5. Place the wontons in the fry basket. Place the fry basket into the air fryer.
6. Select the French Fry setting and cook at 400° F/204° C until golden (about 18 mins.).
7. Serve the wontons with ice cream and caramel sauce.



Cake Pops

Serves 9

Ingredients

¼ cup butter, softened	¼ cup milk
⅓ cup light brown sugar	1 cup flour
1 large egg	1 ½ tsp. baking powder
1 egg yolk	½ tsp. salt
1 tsp. vanilla extract	

Decorating

1 16 oz. container
vanilla frosting
food coloring
(various colors)



Directions

1. Combine the butter and brown sugar in a stand mixer and beat until creamy.
2. Add the egg, egg yolk, and vanilla and mix.
3. Add the milk and mix.
4. Combine the flour, baking powder, and salt in a bowl. Slowly add the dry ingredients to the wet ingredients.
5. Fill cake pop molds halfway with batter.
6. Lower a wire rack into the air fryer. Place the cake molds on the rack.
7. Select the French Fry setting and cook at 360° F/182° C for 20 mins.
8. When the cooking cycle is complete, remove the cake pops and let cool slightly.
9. To make the colored frosting, microwave the vanilla frosting until melted (about 30 secs.).
10. Evenly divide the frosting between separate small bowls (one for each color of food coloring). Mix the food coloring into the frosting.
11. Dip the cake pops into the frosting. Let the cake pops sit until dry before serving.

Candied Bacon

Serves 4

Ingredients

1 lb. thick bacon
¼ cup dark brown sugar
¼ tsp. cayenne pepper
2 tbsp. maple syrup

Directions

1. Lay the bacon strips on a wire rack and trim as needed.
2. Sprinkle the brown sugar and cayenne pepper over the bacon and rub the seasoning into the meat.
3. Brush the bacon with the maple syrup.
4. Lower the racks into the air fryer. Select the Bake setting and cook at 320° F/160° C for 12 mins.
5. When the cooking cycle is complete, flip the bacon.
6. Select the Bake setting and cook at 320° F/160° C for 12 mins.





JALAPEÑO POPPERS

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Eat Ours Not Theirs

RECIPE BOOK



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PXL-TAF_RB_TP_ENG_V1_200124