



# AIR FRYER COOKBOOK

*In the*  
**KITCHEN**

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*IN THE KITCHEN: A COLLECTION OF HOME & FAMILY MEMORIES*  
AND *IN THE KITCHEN: A GATHERING OF FRIENDS*

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# Contents

[Introduction](#)

[Frequently Asked Questions](#)

[Air Fryer Cooking Guide](#)

[Breakfast](#)

[Vegetables & Sides](#)

[Main Dishes](#)

[Desserts](#)

[Index](#)

[About the Author](#)

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# Frequently Asked Questions

## Air Frying

We love the taste of deep fried foods but not the calories or mess. Air frying is an exceptional way to cook foods fast, easy, and in less time. It heats up quickly and circulates hot air internally to cook food and uniformly seal in all the natural juices. Air Fryers allow you to fry, bake, grill, and steam healthier, faster, and more conveniently.

## Cooking Times

Actual cooking times in your air fryer will vary depending on several factors: the make and size of your machine, the size of food you are cooking, the thickness of cuts, the cookware used, and the temperature of items going into the air fryer basket.

As you are learning how your machine works, test the food for “doneness” before removing it from the oven. You can use a thermometer if possible. You can always start with less time and gradually adjust. When adapting a convention recipe, slightly adjust your time cooking in an air fryer by cooking it for 20–30 percent less time.\*

## Bakeware

Always check with your specific machine’s instructions before using any bakeware with your machine. But in most models, you can use metal, glass, and silicone. If you are looking for the ultimate crunchy and fried feel, you will want to cook your

items in the air fry basket for the hot air to circulate all around your food.

## **Oil Sprays or Misters for Frying**

Never pour oil into your machine for frying. This appliance is not to be used as a deep fryer. We recommend using good quality oil sprays or your own choice of oil in a mister when you need to spritz your food. You can use any oil: olive, canola, vegetable, or coconut. You can also use the spray in the bottom of the mesh cooking basket before cooking for easy cleanup.

## **Breading Foods**

For foods that require breading, coat these items in small batches. Press the breading onto the food to ensure that it adheres. Spritz these items with your oil spray or mister. If breading becomes too dry, pieces may become airborne, causing smoke in the heating element.

## **Steaming**

Check with your air fryer's instruction manual first before steaming. Most air fryers will steam food. Pour ½ cup water or broth into the bottom of your cooking basket.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# Air Fryer Cooking Guide

		Time (Minimum to Maximum)	Temperature Fahrenheit	Turn or Shake Halfway Through Cooking
Thin Frozen Fries		12–16	390	y
Thick Frozen Fries		12–20	390	y
Homemade Fries		15–25	400	y
Potato Wedges		15–25	400	y
Potato Chips		10–12	400	y
Roasted Vegetables		16–25	350	y
Cheese Sticks		8–10	400	y
Chicken Nuggets		6–10	390	y
Fish Sticks		6–10	390	y
Steak		8–12	360	y
Pork Chops		10–14	370	y
Hamburger		7–15	360	y
Chicken Wings		18–22	360	y
Drumsticks		18–22	370	y
Chicken Breast		10–15	360	y
Spareribs		18–25	410	y
Shellfish		12–15	360–400	y



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# Breakfast

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# **Strawberry and Cream Cheese French Toast Roll-Ups**



### *Strawberry and Cream Cheese French Toast Roll-Ups*

8 slices bread, white sandwich  
8 Tbsp. cream cheese, softened

8 strawberries, sliced thin  
2 eggs  
3 Tbsp. milk  
⅓ cup sugar  
1 tsp. ground cinnamon

Cut the crust from each slice of bread and flatten it out with a rolling pin.

Place about 1 tablespoon of cream cheese in a strip starting 1 inch from one end of the bread. Top with the sliced strawberries.

Roll the bread up tightly and repeat with the remaining pieces of bread.

In a shallow bowl whisk the eggs and milk until well combined.

In a separate shallow bowl mix the sugar with the cinnamon.

Dip each bread roll in the egg mixture, coating well, and then roll each one in the sugar mixture.

Place in an air fryer basket seam-side down. Spray lightly with canola oil spray. Cook in batches until golden brown at 330 degrees for 5 minutes.

# **Biscuit Beignets with Praline Sauce**



*Biscuit Beignets with Praline Sauce*

**Praline Sauce**

8 Tbsp. butter

1 cup brown sugar  
3 Tbsp. milk  
3 Tbsp. vanilla extract  
¼ cup chopped nuts, pecans or walnuts

### **Beignets**

1 tube large flaky-style biscuit dough  
3 Tbsp. powdered sugar

### **For the Praline Sauce**

Melt butter in a medium, heavy-bottomed saucepan over medium heat. Add brown sugar and whisk until sugar melts and mixture begins to boil, about 5 minutes. Stir in milk, vanilla, and nuts until smooth. Set aside.

### **For the Beignets**

Separate biscuits and cut into fourths. Spray each side with a light spray of canola oil.

Bake at 330 degrees for 10 minutes in single layer batches so that the biscuits do not touch and have room to expand. Biscuits will cook very quickly.

Dust generously with powdered sugar and serve immediately with Praline Sauce.

# German Chocolate Donuts



## ***German Chocolate Donuts***

½ cup chocolate frosting

1 Tbsp. water

1 can large flaky-style biscuit dough

¼ cup pecans

¼ cup flaked coconut, toasted

1 cup German chocolate frosting-flavored frosting

In medium bowl, stir chocolate frosting and 1 tablespoon water until smooth. Set aside.

Separate dough into 8 biscuits; gently roll them down to ½ inch thick with a rolling pin. With a 1-inch round cutter, cut a hole in the center of each biscuit.

Meanwhile, in small bowl, mix pecans and coconut.

Spritz each side of each biscuit with canola oil spray.

In batches, place the biscuits in the basket in a single layer and not touching.

Bake at 330 degrees for 10 minutes until golden.

Lift donuts out of the basket with tongs and frost each top with German chocolate frosting. With a spoon, drizzle the previously prepared chocolate frosting over the top.

Sprinkle with pecan mixture. Serve warm or cool.

*Note: This is a great basic for all things donuts—you can top them with just chocolate or add coconut or nuts. This list is endless!*

## Lemon Blueberry Coffee Cake



## ***Lemon Blueberry Coffee Cake***

### **Cake**

½ cup quick or old-fashioned rolled oats  
1 cup flour  
¼ cup brown sugar  
1 Tbsp. baking powder  
1 Tbsp. finely grated lemon peel  
2 Tbsp. all-vegetable shortening  
½ cup milk  
2 large egg whites, lightly beaten  
½ cup blueberries, fresh or frozen, well drained

### **Glaze**

¼ cup powdered sugar  
1-2 tsp. lemon juice  
1 tsp. finely grated lemon peel

### **For the Cake**

Lightly spray 2 mini loaf pans or 2 individual pot pie pans with a canola spray.

Place oats in a blender or food processor and process about 1 minute. It will look like a coarse flour.

Combine oats, flour, brown sugar, baking powder, and lemon peel in large bowl. Add shortening with a fork, mixing in until mixture resembles coarse crumbs.

Stir in milk and egg whites just until blended. Fold in blueberries. Spoon into prepared pans.

Bake 1 pan at a time at 300 degrees for 15 minutes. Cool slightly. (Since this makes 2, you may need to cook them in

batches. Freeze one for later!)

### **For the Glaze**

Mix powdered sugar and lemon juice in small bowl. Drizzle over coffee cake. Sprinkle with lemon peel.

# Bacon and Egg Crescent Squares

- 1 can refrigerated crescent roll
- 4 eggs
- 2 slices bacon, cut in half widthwise, then halved lengthwise
- 4 tsp. grated Parmesan cheese, divided
- salt and pepper
- 1 Tbsp. fresh chopped basil

Open and unroll the crescents onto a clean dry surface. Split the dough right down the middle, then in half to form 4 rectangles. Pinch the perforations together in each rectangle.

Fold up the edges of each section of dough (about ½-inch edge around each rectangle). Place 1 rectangle in the air fryer basket and then crack 1 egg into the center of it. Place 2 of the bacon sections across the egg on each square. Sprinkle with 1 teaspoon of Parmesan cheese and salt and pepper to taste. Add a portion of the basil.

Bake in the oven at 300 degrees for 10 minutes, until the edges of the crescent dough are golden brown and the egg is cooked to your preference. Repeat with remaining dough sections (baking in batches as needed, not letting the squares touch in the air fryer).

# Crispy Cheesy Hash Brown Casserole

- ½ (10.5-oz.) can cream of chicken soup
- ½ cup sour cream
- ½ tsp. salt
- 1½ cups shredded hash brown potatoes
- ⅓ cup chopped onion
- 1 cup shredded cheddar cheese
- ½ cup breadcrumbs
- 2 Tbsp. butter, melted
- 2 scallions, finely chopped (optional)

In a large bowl, whisk together soup, sour cream, and salt. Stir in hash browns, onions, and cheese until well mixed. Spoon evenly into a 6-inch square baking dish.

In a medium bowl, mix together breadcrumbs and butter. Sprinkle evenly on top of hash brown mixture.

Bake uncovered for about 15 minutes at 300 degrees, or until hot and bubbly. Allow to rest for 5 minutes before serving. Garnish with sliced scallions if desired.

# **Greek Feta Baked Omelet**

3 eggs, lightly beaten

3 Tbsp. frozen leaf spinach, thawed and drained

2 Tbsp. crumbled feta cheese

6 cherry tomatoes, quartered

$\frac{1}{8}$  tsp. oregano

Spray a 6-inch square baking dish with nonstick spray. Pour in eggs and top with spinach, cheese, tomatoes, and sprinkle the top with oregano.

Bake at 330 degrees for 8-10 minutes.

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