

# GOURMIA®

正體中文

## Recipe Book and Cooking Chart

ENGLISH

### AIR FRYER

Includes **30** recipes  
uniquely created for  
Model **GAF798**



# CONTENTS



**Gourmia**®

## BREAKFAST

Blueberry Cornbread **P. 5**  
Brunch Baked Potatoes **P. 7**  
Irish Soda Bread Scones **P. 9**  
Sour Cream Coffee Cake **P. 11**

## MAIN

Chicken Tostadas **P. 13**  
Chicken with Orange and Olives **P. 15**  
Glazed Steak Bundles **P. 17**  
Honey Harissa Chicken with Crispy Chickpeas **P. 19**  
Inside Out Dumplings **P. 21**  
Kimchi and Bacon Grilled Cheese **P. 23**  
Minty Lamb Chops **P. 25**  
Salt and Vinegar Fish and Chips **P. 27**  
Sesame Crusted Salmon **P. 29**

## VEGETABLES

Butter Roasted Radishes **P. 31**  
Chili Garlic Broccoli **P. 33**  
Crispy Glazed Cabbage Steaks **P. 35**  
Maple Glazed Butternut Squash **P. 37**  
Pesto Potato Wedges **P. 39**  
Roasted Garlic **P. 41**  
Simple Roasted Carrots **P. 43**

## SNACKS

Bacon Wrapped Dates **P. 45**  
BBQ Onion Rings **P. 47**  
Bacon Cheddar Jalapeno Poppers **P. 49**  
Buttery Garlic Rolls **P. 51**  
Crab Chips **P. 53**  
Crab Rangoon **P. 55**  
Sticky Red Curry Wings **P. 57**

## DESSERT

Buttery Shortbread Cookies **P. 59**  
Polenta Olive Oil Cake **P. 61**  
Raspberry Cheesecake Bars **P. 63**

## COOKING CHART

Air Fry Cooking Chart **P. 64**  
Dehydrate Chart **P. 67**

**BREAKFAST**



# Blueberry Cornbread

Makes one 20 cm round pan / COOK TIME 35-45 minutes

150 g cornmeal  
190 g all-purpose flour  
150 g sugar  
2 teaspoons baking powder  
 $\frac{3}{4}$  teaspoon kosher salt  
240 mL buttermilk or whole milk  
12 tablespoons unsalted butter, melted and cooled  
2 large eggs  
200 g blueberries

Preheat Gourmia Air Fryer to BAKE 176 °C / 350 °F

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  
170 g crème fraiche 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 200 °C / 400 °F

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 fraiche, a slice of smoked salmon and some fresh dill

**BREAKFAST**





# Irish Soda Bread Scones

250 g all-purpose flour  
4 teaspoons baking powder  
50 g sugar  
¼ teaspoon kosher salt  
6 tablespoons cold unsalted butter, cut into pieces  
½ teaspoon whole caraway seeds  
40 g raisins  
160 mL buttermilk or whole milk  
1 large egg

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

Preheat Gourmia Air Fryer to BAKE 190 °C / 375 °F

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
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 2.5 cm thick
10. Using a 6 cm 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 1 cm 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 20 cm round cake / COOK TIME 30-35 minutes

## Cake:

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

## Topping:

120 g pecans, chopped  
1 teaspoon ground cinnamon  
50 g light brown sugar

Preheat Gourmia Air Fryer to BAKE 160 °C / 325 °F

1. Lightly grease a 20 cm 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

Serves 4 / COOK TIME 5-8 minutes

250 g cooked rotisserie chicken, shredded  
120 g red enchilada sauce  
12 corn or small flour tortillas  
90 g crumbled queso fresco or mozzarella cheese  
60 g Mexican crema or sour cream  
1 avocado sliced

Preheat Gourmia Air Fryer to ROAST 190 °C / 375 °F

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. Cook tortillas four at a time until heated through and tortillas are crispy, approximately 8 minutes
6. Repeat with remaining tortilla
7. Top each tostada with some of the crema and a few slices of avocado

MAIN



# Chicken with Orange and Olives

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

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

## Marinade:

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

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

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. Arrange chicken in air fryer basket and cook for 15 minutes or until chicken is cooked through

While chicken is cooking

7. Add reserved marinade and olives to a small saucepan
8. Bring to a boil
9. Lower heat and simmer for 5 minutes
10. 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 8 cm x 15 cm and no more than 6 mm 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
- 60 mL olive oil
- ½ teaspoon fresh rosemary, finely chopped
- Kosher salt and ground black pepper

## Glaze:

- 180 mL balsamic vinegar
- 60 mL beef broth
- 2 teaspoons brown sugar
- 1 large clove garlic, minced
- 1 small sprig fresh rosemary

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

## 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



# Honey Harissa Chicken with Crispy Chickpeas

Serves 2 / COOK TIME 18-20 minutes

4 bone-in, skin-on chicken thighs  
1 425 g can chickpeas, drained  
2 tablespoons harissa paste  
2 tablespoons honey  
1 tablespoon olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 lemon, cut in half

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

1. Combine harissa paste, honey, olive oil, salt and pepper
2. Rub harissa paste mixture on all sides of chicken thighs
3. Place chickpeas in air fryer basket and top with chicken, skin side up
4. Cook 18-20 minutes or until chicken is cooked through and chickpeas are crispy
5. Squeeze some lemon over chicken and chickpeas just before serving

MAIN



# Inside Out Dumplings

Serves 4 / COOK TIME 10-12 minutes

450 g ground pork or beef  
115 g 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

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

1. Mix all ingredients together
2. Form into 4 cm balls
3. Cook 10-12 minutes or until cooked through, cooking in batches if necessary

Serve over noodles or rice

**MAIN**



# Kimchi and Bacon Grilled Cheese

2 slices hearty white bread  
2 slices cheddar cheese  
2 tablespoons kimchi, drained and chopped  
2 slices bacon, air fried and crumbled  
1 small green onion, chopped  
Softened butter

Serves 1 / COOK TIME 5 minutes

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

1. Place one slice of cheese on 1 slice of bread
2. Top with kimchi, bacon and green onion
3. Top with remaining cheese slice and bread
4. Butter both sides of bread
5. Place sandwich in air fryer basket and cook for 5 minutes turning halfway through cooking or until golden brown and melty

**MAIN**





# Minty Lamb Chops

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

4 bone-in lamb rib chops

## **Marinade:**

25 g mint, finely chopped

20 g parsley, finely chopped

180 mL olive oil

60 mL lemon juice

2 tablespoons garlic, finely chopped

½ teaspoon kosher salt

¼ teaspoon ground black pepper

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

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**



# Salt and Vinegar Fish and Chips

4 boneless skinless cod or haddock fillets approximately  
170 g each  
1 egg  
120 mL tartar sauce  
70 g crushed salt and vinegar potato chips  
120 g panko breadcrumbs

Serves 4 / COOK TIME 8-10 minutes

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

1. In a shallow bowl beat together egg and tartar sauce
2. In a separate shallow bowl mix together potato chips and panko
3. Dip each fish fillet into egg mixture and then into potato chip mixture gently pressing to adhere coating to fish
4. Cook 8-10 minutes turning halfway through cooking until fish is cooked through and golden brown

Serve with fries and additional tartar sauce if desired

**MAIN**



# Sesame Crusted Salmon

4 boneless skinless salmon filets, approximately 170 g 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 200 °C / 400 °F

1. Mix together butter and soy sauce until well combined
2. Brush  $\frac{1}{2}$  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



# Butter Roasted Radishes

2 450 g packages or 3 bunches radishes, trimmed and cut in half if large  
2 tablespoons unsalted butter, melted  
½ teaspoon kosher salt  
¼ teaspoon black pepper

Serves 2 / COOK TIME 10-12 minutes

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

1. In a large bowl toss radishes in melted butter, salt and pepper until well coated
2. Place radishes in air fryer basket
3. Cook 10-12 minutes shaking basket halfway through cooking  
Radishes should be crisp tender and slightly browned when finished

# VEGETABLES





# Chili Garlic Broccoli

Serves 4

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

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

340 g 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 6 mm thick rings or ½ teaspoon dried crushed chili flakes  
2 medium garlic cloves, sliced  
½ teaspoon salt  
¼ teaspoon black pepper

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 shaking basket halfway through cooking until broccoli is cooked through and nicely browned

# VEGETABLES



# Crispy Glazed Cabbage Steaks

1 small head cabbage, cut into 2.5 cm thick wedges  
3 tablespoons lime juice  
2 tablespoons vegetable oil  
1 tablespoon garlic, finely chopped  
1 tablespoon ginger, finely chopped  
1 tablespoon fish sauce  
1 tablespoon packed dark brown sugar  
½ teaspoon siracha or other chili garlic sauce

Serves 4 / COOK TIME 10-12 minutes

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

1. Mix all ingredients except cabbage together in a bowl
2. Brush each side of the cabbage wedges with some of the lime juice mixture
3. Place cabbage wedges in air fryer basket in a single layer, cooking in batches if necessary
4. Cook 10-12 minutes turning halfway through cooking until cabbage is glazed and lightly charred

# VEGETABLES



# Maple Glazed Butternut Squash

560 g peeled butternut squash, cut into 2.5 cm 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 200 °C / 400 °F

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

# VEGETABLES



# Pesto Potato Wedges

Serves 4 / COOK TIME 12-15 minutes

4 medium russet potatoes, cut into 2.5 cm thick wedges  
130 g pesto (homemade or purchased), divided  
¼ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

1. In a large bowl mix together potatoes with 65 g pesto and the black pepper until potatoes are evenly coated
2. Place potatoes in air fryer basket keeping in an even layer
3. Cook 12-15 minutes shaking basket halfway through cooking until potatoes are brown and cooked through
4. Serve with remaining pesto on the side for dipping

# 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 190 °C / 375 °F

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 200 °C / 400 °F

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 shaking basket halfway through cooking until carrots are cooked through and nicely browned

# SNACKS



# Bacon Wrapped Dates

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

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

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

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

Serves 4 / COOK TIME 8-10 minutes

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

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

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. Place as many onion rings as will fit in a single layer into air fryer basket
6. Cook in batches if necessary
7. Cook onion rings for 8-10 minutes until golden brown

Serve with ranch dressing if desired

# SNACKS





# Bacon Cheddar Jalapeño Poppers

Serves 4 / COOK TIME 5-8 minutes

10 jalapeños, cut in half lengthwise seeds removed  
170 g cream cheese, softened  
30 g shredded cheddar cheese  
2 slices bacon, air fried and crumbled  
1 green onion, chopped  
½ teaspoon garlic powder  
½ teaspoon hot sauce  
¼ teaspoon smoked paprika (optional)

Preheat Gourmia Air Fryer to AIR FRY 200 °C / 400 °F

1. Combine all ingredients except jalapeños in a bowl and mix well
2. Stuff each of the jalapeño halves with some of the cheese mixture
3. Place stuffed jalapeños in air fryer basket in a single layer, cooking in batches if necessary
4. Cook 5-8 minutes or until cheese is melted and jalapeños are slightly browned

# SNACKS



# Buttery Garlic Rolls

1 (450 g) pizza dough, store bought, or homemade  
120 g melted unsalted butter, divided  
2 teaspoons garlic, minced  
2 teaspoons fresh parsley, chopped  
2 teaspoons Parmesan cheese

Makes 20 cm round pan

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

Preheat Gourmia Air Fryer to AIR FRY 190 °C / 375 °F

1. Lightly grease a 20 cm round metal baking pan
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

225 g 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 190 °C / 375 °F

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. Spread crab out in a single layer in basket cooking in two batches if necessary
5. Cook 8-12 minutes or until crab strips are crisp

Cool completely before serving

# SNACKS



# Crab Rangoon

225 g cream cheese or chive cream cheese, softened  
1 green onion, finely chopped (omit if using chive cream cheese)  
170 g crab meat or imitation crab sticks (if using sticks, chop into 6 mm 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 200 °C / 400 °F

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

905 g chicken wings, separated into drumettes and flats  
75 g 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 176 °C / 350 °F

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. Place wings in air fryer basket making sure to keep them in a single layer (cook wings in two batches if necessary)
4. Cook for 20-25 minutes or until wings are cooked through
5. Garnish with sliced green onions

**DESSERT**



# Buttery Shortbread Cookies

225 g unsalted butter, softened  
100 g sugar  
½ teaspoon kosher salt  
250 g all-purpose flour

Makes one 20 cm round pan / COOK TIME 20-30 minutes

Preheat Gourmia Air Fryer to BAKE 160 °C / 325 °F

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



# Polenta Olive Oil Cake

Makes one 20 cm round cake / COOK TIME 20-30 minutes

3 large eggs  
150 g sugar  
120 mL olive oil (use mild flavoured for a subtle taste or extra virgin for a more intense olive oil flavour)  
120 mL whole milk  
½ teaspoon vanilla extract  
1 tablespoon grated lemon zest (approximately one medium lemon)  
125 g all-purpose flour  
75 g finely ground polenta (or cornmeal)  
1 ½ teaspoons baking powder  
½ teaspoon kosher salt  
Powdered sugar, for dusting top of cake

Preheat Gourmia Air Fryer to BAKE 160 °C / 325 °F

1. Lightly grease a 20 cm metal baking pan
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


















90 g graham cracker crumbs, plain or chocolate  
100 g plus 1 tablespoon sugar, divided  
6 tablespoons unsalted butter, melted  
1 teaspoon grated lemon zest  
1 teaspoon lemon juice  
2 packages (225 g each) cream cheese, softened  
2 eggs  
2 tablespoons seedless raspberry jam, stirred until no lumps remaining

Makes one 20 cm round cake / COOK TIME 20-30 minutes















Preheat Gourmia Air Fryer to BAKE 160 °C / 325 °F




















1. Line a metal 20 cm 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 100 g 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
<b>VEGETABLES</b>					
 <b>Asparagus</b>	1 bunch	Whole, trimmed	2 tsp	200 °C / 400 °F	7–10 minutes
 <b>Beets</b>	4 medium	Whole, skin on	None	176 °C / 350 °F	45–60 minutes
 <b>Bell peppers</b> (to roast)	4 medium	Whole	None	200 °C / 400 °F	20–25 minutes
 <b>Broccoli</b>	1 head	Cut in 2.5 cm florets	1 Tbsp	200 °C / 400 °F	10–12 minutes
 <b>Brussels sprouts</b>	450 g	Cut in half	1 Tbsp	200 °C / 400 °F	15–20 minutes
 <b>Butternut squash</b>	1 small	Peeled, cut in 2.5 cm cubes	1 Tbsp	200 °C / 400 °F	20–25 minutes
 <b>Carrots</b>	450 g	Peeled, cut in 1 cm pieces	1 Tbsp	200 °C / 400 °F	13–16 minutes
 <b>Cauliflower</b>	1 head	Cut in 2.5 cm florets	2 Tbsp	200 °C / 400 °F	15–20 minutes
 <b>Corn on the cob</b>	4 ears	Whole ears, husks removed	1 Tbsp	200 °C / 400 °F	12–15 minutes
 <b>Green beans</b>	450 g	Trimmed	1 Tbsp	200 °C / 400 °F	8–10 minutes
 <b>Kale</b> (to make chips)	125 g	Torn in pieces, stems removed	None	150 °C / 300 °F	15–20 minutes
 <b>Mushrooms</b>	450 g	Cut in half	1 Tbsp	200 °C / 400 °F	8–10 minutes
 <b>Potatoes, russet</b>	450 g	Cut in 2.5 cm wedges	1 Tbsp	200 °C / 400 °F	25–30 minutes
	450 g	Hand-cut fries, thin	1 Tbsp	200 °C / 400 °F	15–20 minutes
	450 g	Hand-cut fries, thick	1 Tbsp	200 °C / 400 °F	25–30 minutes
	4 whole (medium)	Pierced with fork	None	200 °C / 400 °F	35–45 minutes
 <b>Potatoes, sweet</b>	450 g	Cut in 2.5 cm cubes	1 Tbsp	200 °C / 400 °F	15–20 minutes
	4 whole (medium)	Pierced with fork	None	200 °C / 400 °F	35–45 minutes
 <b>Zucchini</b>	2 medium	Cut in half lengthwise, then cut in 2.5 cm thick slices	1 Tbsp	200 °C / 400 °F	12–15 minutes
 <b>Eggplant</b>	1 medium	Cut in quarters lengthwise, then cut in 2.5 cm thick slices	1 Tbsp	200 °C / 400 °F	15–18 minutes
 <b>Tofu</b>	450 g	Cut in 2.5 cm cubes	1 Tbsp	190 °C / 375 °F	15–18 minutes



INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
<b>POULTRY</b>					
 <b>Chicken breasts</b>	2 breasts (340 g each) 2 breasts (225 g each)	Bone-in Boneless	Brushed with oil Brushed with oil	190 °C / 375 °F 200 °C / 400 °F	20–30 minutes 15–20 minutes
 <b>Chicken thighs</b>	4 thighs (170 g each) 4 thighs (285 g each)	Bone-in Boneless	Brushed with oil Brushed with oil	190 °C / 375 °F 200 °C / 400 °F	25–35 minutes 18–25 minutes
 <b>Chicken wings</b>	450 g	Drumettes & flats	1 Tbsp	200 °C / 400 °F	20–25 minutes
 <b>Turkey breast</b>	4 cutlets (170 g each)	Boneless	Brushed with oil	200 °C / 400 °F	10–12 minutes
<b>FISH &amp; SEAFOOD</b>					
 <b>Crab cakes</b>	2 cakes (170 g each)	None	Brushed with oil	190 °C / 375 °F	10–12 minutes
 <b>Lobster tails</b>	4 tails (115 g each)	Whole	None	190 °C / 375 °F	5–8 minutes
 <b>Salmon fillets</b>	2 fillets (170 g each, 2.5 cm thick)	None	Brushed with oil	200 °C / 400 °F	12–15 minutes
 <b>White fish fillets</b>	2 fillets (170 g each)	None	Brushed with oil	200 °C / 400 °F	10–12 minutes
 <b>Swordfish</b>	2 steaks (170 g each, 2.5 cm thick)	None	Brushed with oil	200 °C / 400 °F	12–15 minutes
 <b>Tuna</b>	2 steaks (170 g each, 2.5 cm thick)	None	Brushed with oil	200 °C / 400 °F	12–15 minutes
 <b>Shrimp</b>	450 g	Whole, peeled	1 Tbsp	190 °C / 375 °F	7–10 minutes
<b>BEEF</b>					
 <b>Burgers</b>	4 (115 g each)	2.5 cm thick	None	200 °C / 400 °F	8–10 minutes
 <b>Meatballs</b>	12 (5 cm thick)	5 cm thick	None	200 °C / 400 °F	10–15 minutes
 <b>Steak</b>	2 steaks (225 g each, 2.5 cm thick) 2 steaks (225 g each, 2.5 cm thick)	Bone-in Boneless	None None	200 °C / 400 °F 200 °C / 400 °F	15–20 minutes 10–15 minutes

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
<b>PORK &amp; LAMB</b>					
 <b>Bacon</b>	6 strips	None	None	190 °C / 375 °F	8–10 minutes
 <b>Lamb chops</b>	2 thick-cut, sirloin chops (170 g each) 4 rib chops (115 g each)	Bone-in Boneless	Brushed with oil Brushed with oil	190 °C / 375 °F 200 °C / 400 °F	20–25 minutes 15–20 minutes
 <b>Pork chops</b>	2 thick-cut, bone-in chops (225 g each) 4 boneless chops (170 g each)	Bone-in Boneless	Brushed with oil Brushed with oil	190 °C / 375 °F 200 °C / 400 °F	20–25 minutes 15–20 minutes
 <b>Pork tenderloin</b>	1 tenderloin (450 g)	Cut in half	Brushed with oil	200 °C / 400 °F	20–25 minutes
 <b>Sausages</b>	4 sausages	Whole	None	190 °C / 375 °F	8–10 minutes
<b>FROZEN FOODS</b>					
 <b>Chicken tenders</b>	450 g	None	None	200 °C / 400 °F	15–20 minutes
 <b>Chicken nuggets</b>	450 g	None	None	200 °C / 400 °F	10–12 minutes
 <b>Fish fillets</b>	4 (170 g each, unbreaded)	None	Brushed with oil	200 °C / 400 °F	12–18 minutes
 <b>Fish sticks</b>	450 g	None	None	200 °C / 400 °F	10–12 minutes
 <b>French fries</b>	450 g	None	None	200 °C / 400 °F	20–25 minutes
 <b>Egg rolls</b>	450 g	None	None	200 °C / 400 °F	15–18 minutes
 <b>Mozzarella sticks</b>	450 g	None	None	200 °C / 400 °F	8–10 minutes
 <b>Dumplings</b>	450 g	None	None	190 °C / 375 °F	12–15 minutes
 <b>Pizza</b>	Personal size	None	None	190 °C / 375 °F	10–12 minutes
 <b>Pizza rolls</b>	450 g	None	None	200 °C / 400 °F	12–15 minutes
 <b>Shrimp</b>	450 g (breaded)	None	None	200 °C / 400 °F	12–15 minutes
 <b>Tater tots</b>	450 g	None	None	200 °C / 400 °F	15–18 minutes
 <b>Onion rings</b>	450 g	None	None	200 °C / 400 °F	10–12 minutes
 <b>Frozen vegetables</b>	450 g	None	1 Tbsp	200 °C / 400 °F	10–15 minutes

\*For best results flip or shake food half way through cooking

INGREDIENT	PREPARATION	TEMPERATURE	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
 Apples	Core removed, cut in 3 mm slices	56 °C / 135 °F	7–8 hours
 Apricot	Cut in 3 mm slices, pit removed	56 °C / 135 °F	8–10 hours
 Bananas	Peeled, cut in 3 mm slices	56 °C / 135 °F	8–10 hours
 Beets	Peeled, cut in 3 mm slices	56 °C / 135 °F	6–8 hours
 Fresh herbs	Rinsed, patted dry, stems removed	56 °C / 135 °F	4 hours
 Ginger root	Cut in 3 mm slices	56 °C / 135 °F	6 hours
 Mangoes	Peeled, cut in 3 mm slices, pit removed	56 °C / 135 °F	8–10 hours
 Mushrooms	Cut in 6 mm slices (wiped clean with a paper towel)	56 °C / 135 °F	6–8 hours
 Pineapple	Peeled, cored, cut in 3 mm slices	56 °C / 135 °F	8–10 hours
 Strawberries	Cut in half or in 3 mm slices	56 °C / 135 °F	8–10 hours
 Tomatoes	Cut in 3 mm slices	56 °C / 135 °F	6–8 hours
 Tomatoes, cherry	Cut in half	56 °C / 135 °F	8–10 hours
<b>MEAT, POULTRY &amp; FISH</b>			
 Beef	Cut in 6 mm slices, marinated overnight	66 °C / 150 °F	8–10 hours
 Chicken	Cut in 6 mm slices, marinated overnight	66 °C / 150 °F	8–10 hours
 Turkey	Cut in 6 mm slices, marinated overnight	66 °C / 150 °F	8–10 hours
 Salmon	Cut in 6 mm slices, marinated overnight	66 °C / 150 °F	5–7 hours

# Gourmia®

Get recipes and share yours @gourmia



# Gourmia®

## 食譜手冊

附烹調速查表

### 氣炸鍋

30 道獨門配方料理

型號 **GAF798**



正體中文

ENGLISH

# 目錄



**Gourmia**®

## 早餐

- 藍莓玉米麵包 73
- 早午餐烤馬鈴薯 75
- 愛爾蘭蘇打麵包司康 77
- 酸奶油咖啡蛋糕 79

## 主菜

- 墨西哥雞肉烤餅 81
- 橙汁橄欖雞胸 83
- 照燒牛肉捲 85
- 蜂蜜哈里薩辣醬雞拌香脆鷹嘴豆 87
- 餃子餡肉丸 89
- 泡菜培根烤起司 91
- 薄荷風味羊排 93
- 鹽醋炸魚薯條 95
- 芝麻鮭魚排 97

## 蔬菜

- 奶油烤小蘿蔔 99
- 辣味蒜香青花菜 101
- 香脆照燒高麗菜牛排 103
- 楓糖焗胡桃南瓜 105
- 青醬厚切薯條 107
- 烤大蒜 109
- 單烤紅蘿蔔 111

## 輕食

- 椰棗培根捲 113
- BBQ 洋蔥圈 115
- 培根切達起司鑲墨西哥辣椒 117
- 奶油蒜味餐包 119
- 罈味脆片 121
- 炸蟹角 123
- 蜜汁紅咖哩雞翅 125

## 甜點

- 蘇格蘭奶油餅乾 127
- 波倫塔橄欖油蛋糕 129
- 覆盆莓起司蛋糕條 131

## 烹調速查表

- 氣炸烹調速查表 132
- 乾燥速查表 135

早餐





# 藍莓玉米麵包

150 g 玉米粉  
190 g 中筋麵粉  
150 g 糖  
2 茶匙泡打粉  
¼ 茶匙料理鹽  
240 mL 白脫奶或全脂牛奶  
12 湯匙無鹽奶油，融化並放涼  
2 顆大型蛋  
200 g 藍莓

20 cm 圓形烤盤 / 烹調時間：35-45 分鐘

將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 176°C / 350°F

1. 在金屬烤盤底面和側面刷油。
2. 將玉米粉、麵粉、糖、泡打粉和鹽全部放入一個大盆中拌勻。
3. 將牛奶、融化奶油和蛋放入另一個碗中拌勻。
4. 將牛奶液倒入混合粉中攪拌，至剛好拌勻即可。
5. 拌入藍莓，至剛好拌勻即可。
6. 將麵糊倒入預備好的烤盤內。
7. 烤至金黃色，用刀子插入中心，確認沒有沾黏即可，約 35-45 分鐘。
8. 烤到一半時，檢查玉米麵包的狀況。如果表面上色太快，可用鋁箔紙蓋住。

讓玉米麵包在烤盤中放涼 20 分鐘再切。

早餐



# 早午餐烤馬鈴薯

6 人份 / 烹調時間：35-45 分鐘

6 顆小至中型褐皮馬鈴薯  
1 湯匙植物油  
鹽和胡椒  
170 g 法式或美式酸奶油  
6 片煙燻鮭魚  
新鮮時蘿供裝飾

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 在馬鈴薯表面刷滿油，撒上鹽和胡椒。
2. 將馬鈴薯放入氣炸籃內，烹調 35-45 分鐘，或至馬鈴薯熟透。
3. 讓馬鈴薯放涼 5 分鐘。
4. 將每顆馬鈴薯頂端削去一小片，稍微擠壓，使其裂開一個小口。
5. 在每顆馬鈴薯的開口放上 2 湯匙法式酸奶油、一片煙燻鮭魚和少許新鮮時蘿。

早餐



# 愛爾蘭蘇打麵包司康

8-10 個 / 烹調時間：10-15 分鐘

250 g 中筋麵粉  
4 茶匙泡打粉  
50 g 糖  
¼ 茶匙料理鹽  
6 湯匙冷無鹽奶油，切成小片  
½ 茶匙凱莉茴香粒  
40 g 葡萄乾  
160 mL 白脫奶或全脂牛奶  
1 顆大型蛋

將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 190°C / 375°F

1. 將麵粉、泡打粉、鹽和糖放入食物調理機中，用瞬轉功能攪拌幾次，至剛好拌勻即可。
2. 加入奶油，用瞬轉功能攪拌 7-10 次，至奶油完全拌勻，麵糊呈現砂狀質地。
3. 移到一個大調理盆內。
4. 拿一個小碗放入牛奶和蛋，打散，預留 2 湯匙作為烘烤前刷司康表面用。
5. 將剩下的牛奶蛋液倒入裝了乾粉的調理盆內。
6. 在盆內加入凱莉茴香和葡萄乾。
7. 用刮刀攪拌至生麵糰成形。
8. 將麵糰放到一個撒了少許麵粉的檯面上，稍微揉一下，將麵糰揉成球狀。(不要揉太久，否則司康會太硬。)
9. 將麵糰擀平，厚度約 2.5 cm。
10. 用直徑 6 cm 的圓形餅乾或麵包壓模，將麵糰壓出小圓餅，然後將剩下的麵糰重擀再壓，直到所有麵糰用完為止。
11. 在司康頂部刷上預留的牛奶蛋液。
12. 將司康放入氣炸籃內，互相間隔 1 cm。若有需要可分批烹調。
13. 烤 10-15 分鐘，或至頂部呈金黃色。

早餐



# 酸奶油咖啡蛋糕

20 cm 圓形蛋糕 / 烹調時間：30-35 分鐘

## 蛋糕體：

110 g 無鹽奶油，軟化

100 g 糖

1 顆大型蛋

60 g 酸奶油

½ 茶匙香草精

125 g 中筋麵粉

½ 茶匙料理鹽

½ 茶匙泡打粉

¼ 茶匙小蘇打粉

## 配料：

120 g 胡桃，切碎

1 茶匙肉桂粉

50 g 紅糖

將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 160°C / 325°F

1. 在 20 cm 金屬烤盤內刷上薄薄一層油。
2. 將所有配料放入一個碗中拌勻備用。
3. 將奶油和糖放入一個大碗中，打發至膨鬆狀。
4. 加入蛋拌勻，接著加入酸奶油和香草精拌勻。
5. 拿另一個碗，加入麵粉、小蘇打粉和泡打粉，一起拌勻。
6. 將乾粉材料倒入打發的奶油中，攪拌至剛好拌勻即可。
7. 將一半麵糊填入預備好的烤盤內，抹平，作為下層。
8. 將一半配料撒在下層麵糊表面。
9. 挖出剩下的麵糊填入鋪勻，抹平，作為上層。
10. 將剩下的配料撒在上層麵糊表面。
11. 將烤盤放入氣炸籃內，烹調 30-35 分鐘，或至完全熟透。
12. 烤到一半時，檢查蛋糕的狀況。如果表面上色太快，可用鋁箔紙蓋住。

讓蛋糕放涼 10 分鐘再上桌。

# 主菜





# 墨西哥雞肉烤餅

4 人份 / 烹調時間：5-8 分鐘

250 g 熟烤雞絲  
120 g 安吉拉捲紅醬  
12 張小型玉米或麵粉製墨西哥薄餅  
90 g 搗碎的墨西哥鮮奶酪或莫札瑞拉起司  
60 g 墨西哥或美式酸奶油  
1 顆酪梨切片

將 Gourmia 氣炸鍋用「燒烤 (ROAST)」模式預熱至 190°C / 375°F

1. 將雞絲加入安吉拉捲紅醬拌勻。
2. 將墨西哥薄餅一片一片分開，平放在砧板上。
3. 將雞絲配料平均放在每片薄餅上。
4. 再平均放上起司。
5. 一次烤四片，至材料熟透且薄餅呈酥脆狀，約 8 分鐘。
6. 重複烤完剩下的薄餅。
7. 在每片薄餅上放一些奶油和幾片酪梨。

# 主菜



# 橙汁橄欖雞胸

4 人份 / 烹調時間：15 分鐘 (外加 1 小時醃製時間)

4 片去皮雞胸  
1 湯匙橄欖油  
料理鹽和胡椒粉  
190 g 大型綠橄欖，去籽

## 醃料：

240 mL 柳橙汁  
120 mL 白酒  
1 湯匙橄欖油  
2 茶匙大蒜，切末  
2 茶匙新鮮牛膝草或百里香，切碎  
½ 茶匙料理鹽  
½ 茶匙茴香，粗磨  
¼ 茶匙黑胡椒粉  
¼ 茶匙乾燥辣椒片

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 將所有醃料放入一個大碗中拌勻。
2. 將一半醃料取出備用。
3. 將雞肉放入裝有剩下醃料的碗中。
4. 加蓋，放入冰箱中醃 1 小時。
5. 將雞肉從醃料中取出，用廚房紙巾吸乾水分。
6. 將雞肉放入氣炸籃內排開，烹調 15 分鐘，或至雞肉完全熟透。

在烤雞肉時：

7. 將預留的醃料和橄欖放入一個小湯鍋內。
8. 煮滾。
9. 關小火，慢煮 5 分鐘。
10. 將雞肉從氣炸籃中取出，放在餐盤上，淋上橄欖橙汁醬料。

# 主菜



# 照燒牛肉捲

4 人份 / 烹調時間：8-10 分鐘

## 牛肉捲：

8 片沙朗或腹脇牛肉片，約 8 cm 寬 x 15 cm 長，最厚

不要超過 6 mm

1 個中型紅洋蔥，剖半後切成細長條

1 個紅椒，剖半後切成細長條

1 個青椒，剖半後切成細長條

1 根小型櫛瓜，剖半後切成細長條

60 mL 橄欖油

½ 茶匙新鮮迷迭香，切末

料理鹽和胡椒粉

## 照燒醬：

180 mL 巴薩米克醋

60 mL 牛肉高湯

2 茶匙黑糖

1 大瓣大蒜，切細末

1 小枝新鮮迷迭香

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

## 製作照燒醬：

1. 將所有材料放入一個小湯鍋中。
2. 煮滾後關小火。
3. 慢煮至醬汁變稠呈糖漿狀，約 5 分鐘。
4. 關火。
5. 倒入一個餐碗中，預留 ¼ 醬汁作為牛肉捲上色用。

## 製作牛肉捲：

1. 將牛肉片兩面抹上少許橄欖油。
2. 撒上鹽、黑胡椒和迷迭香。
3. 將幾根蔬菜條垂直放在每片牛肉一端，讓蔬菜棒兩頭露出於牛肉捲之外。
4. 將牛肉片捲起，用牙籤固定。
5. 重複相同步驟，製作每個牛肉捲。
6. 將牛肉捲放入氣炸籃內，烹調 5 分鐘。
7. 打開氣炸籃，在個牛肉捲表面刷上一些預留的照燒醬。
8. 繼續烹調 3-5 分鐘，或至你想要的熟度。
9. 取出牙籤，盛盤，旁邊澆上多餘醬汁，即可上菜。

# 主菜



# 蜂蜜哈里薩醬雞 拌香脆鷹嘴豆

- 4 支帶骨、帶皮的雞腿
- 1 罐 425 g 的罐裝鷹嘴豆，瀝乾
- 2 湯匙哈里薩醬
- 2 湯匙蜂蜜
- 1 湯匙橄欖油
- ½ 茶匙料理鹽
- ¼ 茶匙黑胡椒粉
- 1 個檸檬，切半

2 人份 / 烹調時間：18-20 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 將哈里薩/蜂蜜/橄欖油/鹽/胡椒粉混合拌勻
2. 在雞腿上均勻塗抹哈里薩醬混合物
3. 將鷹嘴豆放入氣炸籃中，鋪上雞肉，雞皮朝上
4. 烹調 18-20 分鐘，或至雞肉熟透且鷹嘴豆呈酥脆感。
5. 上菜前在雞肉和鷹嘴豆上擠一些檸檬汁

# 主菜





# 餃子餡肉丸

4 人份 / 烹調時間：10-12 分鐘

450 g 豬或牛絞肉  
115 g 荸薺，切細末  
3 湯匙日式麵包粉  
1 湯匙醬油  
1 茶匙芝麻油  
1 茶匙薑，磨泥或切細末  
1 茶匙大蒜，磨泥或切細末  
1 根大蔥，切末  
1 顆蛋，稍微打散  
½ 茶匙黑胡椒粉

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將所有材料拌勻。
2. 捏成 4 cm 的肉丸。
3. 烹調 10-12 分鐘或至熟透，若有需要可分批烹調。

放在麵或飯上，即可上菜。

# 主菜



# 泡菜培根 烤起司

2 片白麵包  
2 片切達起司  
2 湯匙泡菜，瀝乾並切碎  
2 片培根，氣炸並搗碎  
1 根小蔥，切碎  
軟化奶油

1 人份 / 烹調時間：5 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 將一片起司放在一片麵包上
2. 放上泡菜、培根和蔥
3. 放上剩餘的起司片和麵包
4. 麵包兩面塗奶油
5. 將三明治放入氣炸籃中，烹調 5 分鐘，烹調到一半時翻面或直至麵包呈金黃色且起司融化

# 主菜



# 薄荷風味羊排

4 人份 / 烹調時間：15 分鐘 (外加 1 小時醃製時間)

4 片帶骨羊小排

醃料：

25 g 薄荷葉，切末

20 g 巴西里，切末

180 mL 橄欖油

60 mL 檸檬原汁

2 湯匙大蒜，切末

½ 茶匙料理鹽

¼ 茶匙黑胡椒粉

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 拿一個放得下所有羊排的大碗，先放入所有醃料拌勻。
2. 將一半醃料取出備用。
3. 將羊排放入裝有剩下醃料的碗中，讓每一面都均勻沾上醃料。
4. 加蓋，放入冰箱中醃 1 小時。
5. 將羊排從醃料中取出，甩掉任何多餘醃料。
6. 將羊排放入氣炸籃內，烹調 12-15 分鐘，或至你喜歡的熟度。烤到一半時應翻面。

搭配預留的醃料一起上桌。

# 主菜



# 鹽醋炸魚薯條

- 4 片去骨去皮的銀鱈魚排或黑線鱈魚排，  
每片約 170 g
- 1 顆蛋
- 120 mL 塔塔醬
- 70 g 壓碎的鹽醋薯片
- 120 g 日式麵包粉

4 人份 / 烹調時間：8-10 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 拿一個淺碗，放入雞蛋和塔塔醬打散
2. 拿另一個淺碗，放入薯片和日式麵包粉拌勻
3. 將魚排浸入蛋液中，然後放入薯片和日式麵包粉中，輕輕按壓，讓魚的每一面都沾上麵衣
4. 烹調 8-10 分鐘，至魚熟透並呈金黃色。

上菜時可佐以薯條和額外的塔塔醬

# 主菜





# 芝麻鮭魚排

4 人份 / 烹調時間：8-10 分鐘

- 4 片去骨去皮鮭魚排，每片約 170 g
- 2 湯匙無鹽奶油，軟化
- 2 茶匙醬油
- 1 湯匙生芝麻，白、黑或混合均可

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將奶油和醬油加在一起，徹底攪勻。
2. 將每片鮭魚排刷上  $\frac{1}{4}$  奶油醬料。
3. 撒上芝麻，輕壓，使芝麻附著在表面。
4. 將鮭魚放入氣炸籃內。
5. 烹調 8-10 分鐘，或至剛好熟透。

蔬菜



# 奶油烤小蘿蔔

2 人份 / 烹調時間：10-12 分鐘

2 包 450 g 袋裝或 3 束小蘿蔔，去頭尾，如果大的話切半

2 湯匙無鹽奶油，融化

½ 茶匙料理鹽

¼ 茶匙黑胡椒粉

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 拿一個大碗，將小蘿蔔放入融化的奶油、鹽和胡椒中攪拌均勻
2. 將小蘿蔔放入氣炸籃內。
3. 烹調 10-12 分鐘，烤到一半時，將氣炸籃搖動一下。  
小蘿蔔應該是脆嫩的，完成時表面稍呈金黃色。

# 蔬菜



# 辣味蒜香青花菜

340 g 新鮮或冷凍青花菜 (冷凍青花菜需先解凍並瀝乾)

1 湯匙橄欖油

1 根新鮮紅辣椒或青辣椒 (墨西哥辣椒、弗雷斯諾辣椒或類似品種)，切成 6 mm 小段，或 ½ 茶匙乾燥辣椒片

2 中瓣大蒜，切片

½ 茶匙鹽

¼ 茶匙黑胡椒粉

4 人份

烹調時間：新鮮食材 15 分鐘，冷凍食材 10 分鐘 (需先解凍)

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 將所有材料放入一個大碗中拌勻。
2. 將青花菜放入氣炸籃內，鋪成一層。
3. 烹調 10-15 分鐘，烤到一半時，將氣炸籃搖動一下，至青花菜熟透並呈漂亮的金黃色。

蔬菜



# 香脆照燒 高麗菜牛排

- 1 顆小高麗菜，切成 2.5 cm 厚斜角狀
- 3 湯匙青檸汁
- 2 湯匙植物油
- 1 湯匙大蒜，切末
- 1 湯匙薑，切末
- 1 湯匙魚露
- 1 湯匙包裝紅糖
- ½ 茶匙是拉差辣椒醬或其他蒜蓉辣椒醬

4 人份 / 烹調時間：10-12 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 將除高麗菜以外的所有材料放入一個大碗中拌勻。
2. 將高麗菜斜角塊的每一面刷上青檸汁
3. 將高麗菜斜角塊放入氣炸籃內，鋪成一層，若有需要可分批烹調。
4. 烹調 10-12 分鐘，烹調到一半時翻面，至高麗菜熟透，上色並微焦。

# 蔬菜





# 楓糖焗胡桃南瓜

560 g 去皮胡桃南瓜，切成 2.5 cm 丁狀

1 湯匙楓糖漿

2 茶匙橄欖油或植物油

½ 茶匙料理鹽

¼ 茶匙黑胡椒粉

4 人份 / 烹調時間：12-15 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將所有材料放入一個大碗中拌勻，讓胡桃南瓜表面均勻裹上油和楓糖漿。
2. 將胡桃南瓜放入氣炸籃內，均勻鋪平。
3. 烹調 12-15 分鐘，或至胡桃南瓜呈金黃色並熟透。

# 蔬菜



# 青醬厚切薯條

4 顆中型褐皮馬鈴薯，切成 2.5 cm 厚斜角狀  
130 g 青醬 (自製或市售)，分成兩份  
¼ 茶匙黑胡椒粉

4 人份 / 烹調時間：12-15 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將馬鈴薯與 65 g 青醬及胡椒放入一個大碗中拌勻，讓馬鈴薯表面均勻裹上醬料。
2. 將馬鈴薯放入氣炸籃內，均勻鋪平。
3. 烹調 12-15 分鐘，烤到一半時，將氣炸籃搖動一下，至馬鈴薯呈金黃色並熟透。
4. 上菜時，將剩下的青醬擺在一旁作為沾醬。

# 蔬菜



# 烤大蒜

- 1 整顆大蒜
- 2 茶匙橄欖油或植物油

1 整顆大蒜 / 烹調時間：25-30 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 190°C / 375°F

1. 削掉大蒜最頂端，然後將油慢慢倒入。
2. 用鋁箔紙包起來。
3. 放入氣炸籃內。
4. 烹調 25-30 分鐘，或至大蒜非常軟並呈金黃色。
5. 打開鋁箔紙，靜置到不會燙手。
6. 若要取出烤好的大蒜，從每一瓣底部向上推擠，即可取出。

烤蒜可用來製作醬汁、沙拉醬、醃料、蔬菜或大蒜麵包。

# 蔬菜



# 單烤 紅蘿蔔

- 8 根中型新鮮紅蘿蔔，去皮並將長度切一半
- 1 湯匙橄欖油
- 1 湯匙新鮮香草葉，或 1 茶匙乾燥香草葉 (百里香、時蘿、牛膝草等)
- ½ 茶匙大蒜粉或洋蔥粉
- ½ 茶匙鹽
- ¼ 茶匙黑胡椒粉

4 人份 / 烹調時間：15 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將所有材料放入一個大碗中拌勻。
2. 將紅蘿蔔放入氣炸籃內，鋪成一層。
3. 烹調 15 分鐘，烤到一半時，將氣炸籃搖動一下，至紅蘿蔔熟透並呈漂亮的金黃色。

輕食





# 椰棗培根捲

24 顆椰棗，6 人份 / 烹調時間：8-12 分鐘

24 顆大型去核椰棗  
24 顆胡桃  
8 片培根，切三等份  
115 g 曼徹格起司 (或其他容易融化的起司，  
如切達)，切成 24 小塊長方形  
24 支竹牙籤

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至  
190°C / 375°F

1. 將椰棗小心打開，只要能塞進 1 片起司和 1 顆胡桃就好。應該已有一個去核造成的開口。
2. 將每顆椰棗用一片培根包起來。
3. 用牙籤固定。
4. 將椰棗放入氣炸籃內。
5. 烹調 8-12 分鐘，或至培根全熟且稍帶酥脆感。
6. 上菜前將牙籤取出。

輕食



# BBQ 洋蔥圈

4 人份 / 烹調時間：8-10 分鐘

65 g 中筋麵粉  
2 茶匙燒烤調味粉  
120 mL 白脫奶或全脂牛奶  
1 顆蛋  
120 g 日式麵包粉  
1 顆大型黃色甜洋蔥，切成 1 cm 厚，並拆開成中空狀  
圓圈  
田園沙拉醬 (選搭佐料)

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 拿一個淺盤，放入麵粉和燒烤調味粉拌勻。
2. 拿另一個盤子，放入蛋和白脫奶打散。
3. 再拿一個盤子，放入日式麵包粉。
4. 分批製作，將洋蔥圈依序裹上調味麵粉/蛋汁/日式麵包粉。
5. 在氣炸籃內放一層洋蔥圈，擺越多越好。
6. 若有需要可分批烹調。
7. 烹調 8-10 分鐘，至洋蔥圈呈金黃色。

上菜時可佐以田園沙拉醬。

輕食



# 培根切達起司 鑲墨西哥辣椒

4 人份 / 烹調時間：5-8 分鐘

10 個墨西哥辣椒，縱向切成兩半，去籽  
170 g 奶油起司，軟化  
30 g 碎切達起司  
2 片培根，氣炸並搗碎  
1 根蔥，切碎  
½ 茶匙大蒜粉  
½ 茶匙辣醬  
¼ 茶匙煙燻紅椒粉 (可選)

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將墨西哥辣椒以外的所有材料放入一個碗中拌勻。
2. 在每個墨西哥辣椒中鑲入起司醬
3. 將鑲好的墨西哥辣椒放入氣炸籃內，鋪成一層，若有需要可分批烹調。
4. 烹調 5-8 分鐘或至起司融化並且墨西哥辣椒略呈金黃色

輕食



# 奶油蒜味餐包

- 1 個 (450 g) 披薩麵糰，市售或自製
- 120 g 融化的無鹽奶油，分成兩份
- 2 茶匙大蒜，切末
- 2 茶匙新鮮巴西里，切碎
- 2 茶匙帕馬森乳酪粉

20 cm 圓形烤盤

烹調時間：20-30 分鐘 (外加 35-45 分鐘發酵時間)

將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 190°C / 375°F

1. 在 20 cm 圓形金屬烤盤內刷上薄薄一層油。
2. 將麵糰分成 8 等份。
3. 將每一份麵糰揉成球狀，放入預備好的烤盤內，讓平滑面朝上。
4. 表面刷上其中一半融化奶油。
5. 加蓋靜置，讓麵糰發酵至兩倍大，約 35-45 分鐘。
6. 開蓋並烘烤 15 分鐘。
7. 從氣炸鍋內取出，在頂部刷上剩下的奶油，然後撒上蒜末、巴西里和帕馬森乳酪粉。
8. 放回氣炸鍋內，續烤至餐包全熟且頂部呈金黃色，約再 5-10 分鐘。

輕食





# 蟳味脆片

225 g 蟳味棒，小心攤開成片狀並吸乾水分  
1 湯匙植物油  
1 湯匙海鮮調味粉

8 人份 / 烹調時間：8-12 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至  
190°C / 375°F

1. 將蟳味片放入一個大碗中。
2. 將油倒在蟳味片上，輕輕拌勻。
3. 將調味粉撒在蟳味片上，稍加翻動，使每一面都能均勻沾上。
4. 將蟳味片放入氣炸籃內，排成一層，若有需要可分兩批烹調。
5. 烹調 8-12 分鐘，或至蟳味片呈酥脆感。

完全放涼再上桌。

輕食



# 炸蟹角

225 g 原味或蔥味奶油起司，軟化  
1 根蔥，切末 (若使用蔥味奶油起司，則可省略)  
170 g 蟹肉或蟬味棒 (若使用蟬味棒，先切成 6 mm 小片)  
1 包餛飩皮  
植物油

約 36 個，12 人份  
烹調時間：8-10 分鐘

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 200°C / 400°F

1. 將奶油起司、蔥和蟹肉混合拌勻。
2. 用一點水將每張餛飩皮的外緣沾濕。
3. 在每張餛飩皮的中央放上約 2 茶匙餡料。
4. 對摺成三角形，然後輕捏邊緣使其閉合。
5. 將蟹角的兩面刷上油，然後放入氣炸籃內，鋪成一層。
6. 烹調 8-10 分鐘，或至蟹角呈金黃色和酥脆感。  
若有需要可重複該步驟，至所有蟹角烤完為止。

輕食



# 蜜汁紅咖哩雞翅

2 人份 / 烹調時間：20-25 分鐘

- 905 g 雞翅，將棒棒腿與二節翅分開
- 75 g 糖醋醬或鴨醬
- 2 茶匙泰式紅咖哩醬 (市售通常是小罐裝)
- 1 茶匙醬油
- 1 中瓣大蒜，切末
- 1 根蔥，切蔥花作為裝飾用

將 Gourmia 氣炸鍋用「氣炸 (AIR FRY)」模式預熱至 175°C (350°F)

1. 將糖醋醬、紅咖哩醬、醬油和大蒜放入一個大碗中拌勻。
2. 將雞翅加入碗中拌勻，讓雞翅表面均勻裹上醬料。
3. 將雞翅放入氣炸籃內，務必只放一層 (若有需要可分兩批烹調)。
4. 烹調 20-25 分鐘，或至雞翅熟透。
5. 撒上蔥花裝飾。

甜點



# 蘇格蘭奶油餅乾

225 g 無鹽奶油，軟化  
100 g 糖  
½ 茶匙料理鹽  
250 g 中筋麵粉

20 cm (8 吋) 圓形烤盤 / 烹調時間：20-30 分鐘

將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 160°C / 325°F

1. 將軟化奶油、鹽和糖加入立式攪拌機的攪拌盆內，用槳狀攪拌棒打發至膨鬆狀。
2. 慢慢加入麵粉攪拌。
3. 將麵糰壓入一個沒有刷油的烤盤內。
4. 用叉子在麵糰上各處戳洞。
5. 放入預熱好的氣炸鍋內，烤 20-30 分鐘，至表面呈淡淡的金黃色。
6. 烤到一半時，檢查餅乾的狀況。如果表面上色太快，可用鋁箔紙蓋住。
7. 趁熱切成長條狀或三角形。

甜點





# 波倫塔橄欖油蛋糕

20 cm (8 吋) 圓形蛋糕 / 烹調時間：20-30 分鐘

3 顆大型蛋  
150 g 糖  
120 mL 橄欖油 (若要淡淡的橄欖油風味，可用淡味油；若要明顯風味，可用特級初榨油)  
120 mL 全脂牛奶  
½ 茶匙香草精  
1 湯匙檸檬皮細絲 (約一顆中型檸檬)  
125 g 中筋麵粉  
75 g 波倫塔玉米粉 (或一般玉米粉)  
1 ½ 茶匙泡打粉  
½ 茶匙料理鹽  
糖粉，蛋糕表面撒粉用

將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 160°C / 325°F

1. 在 20 cm 金屬烤盤內刷上薄薄一層油。
2. 將蛋和糖加入立式攪拌機的攪拌盆內，用槳狀攪拌棒高速打 30 秒。
3. 用緩慢而穩定的速度倒入油，打至均勻。
4. 將攪拌機調至低速，加入牛奶、香草精和檸檬皮，打至均勻。
5. 拿一個中型碗，加入麵粉、波倫塔玉米粉 (或一般玉米粉)、泡打粉和鹽，拌勻。
6. 將混合粉慢慢加入牛奶蛋液中，打至均勻。
7. 將麵糊倒入預備好的烤盤內。
8. 放入預熱好的氣炸鍋內，烤 20-30 分鐘，或至蛋糕中心完全熟透。
9. 烤到一半時，檢查蛋糕的狀況。如果表面上色太快，可用鋁箔紙蓋住。
10. 讓蛋糕完全放涼，然後再撒上糖粉。

甜點



# 覆盆莓 起司蛋糕條









90 g 全麥餅乾粉，原味或巧克力風味  
100 g 外加 1 湯匙糖 (分開)  
6 湯匙無鹽奶油，融化  
1 茶匙檸檬皮細絲  
1 茶匙檸檬原汁  
2 包奶油起司 (各 225 g)，軟化  
2 顆蛋  
2 湯匙無籽覆盆莓果醬，攪拌至沒有結塊


20 cm (8 吋) 圓形蛋糕 / 烹調時間：20-30 分鐘




將 Gourmia 氣炸鍋用「烘焙 (BAKE)」模式預熱至 160°C / 325°F




1. 在 20 cm 金屬烤盤上鋪一張鋁箔紙，兩邊要超出烤盤邊緣。
2. 將全麥麵包屑、1 湯匙糖和融化奶油混合拌勻。
3. 壓入烤盤底部，厚約烤盤高度的四分之一。
4. 將奶油起司、檸檬皮、檸檬汁和剩下的 100 g 糖放入一個大碗中，攪拌均勻。
5. 加入蛋，攪拌均勻。
6. 倒在預備好的餅乾皮上。
7. 將覆盆莓果醬用湯匙舀出，倒在餡料上，然後用刀尖劃出起司蛋糕表面的漩渦狀。
8. 烤 20 分鐘，或至蛋糕中心熟透。
9. 烤到一半時，檢查蛋糕的狀況。如果表面上色太快，可用鋁箔紙蓋住。
10. 完全放涼。
11. 冷藏至少 4 小時，最好隔夜。
12. 抓住兩邊多出的鋁箔紙，將起司蛋糕從烤盤中移出，然後切塊。


# 氣炸烹調速查表















食材	份量	準備	油	溫度	烹調時間
<b>蔬菜</b>					
 芦筍	1 把	完整, 修邊	2 茶匙	200°C / 400°F	7-10 分鐘
 甜菜根	4 顆中型	完整, 帶皮	無	176°C / 350°F	45-60 分鐘
 甜椒 (燒烤)	4 顆中型	完整	無	200°C / 400°F	20-25 分鐘
 青花菜	1 顆	切成 2.5 cm 小朵	1 湯匙	200°C / 400°F	10-12 分鐘
 球芽甘藍	450 g	切半	1 湯匙	200°C / 400°F	15-20 分鐘
 胡桃南瓜	1 根小型	去皮, 切成 2.5 cm 丁狀	1 湯匙	200°C / 400°F	20-25 分鐘
 紅蘿蔔	450 g	去皮, 切成 1 cm 片狀	1 湯匙	200°C / 400°F	13-16 分鐘
 白花椰菜	1 顆	切成 2.5 cm 小朵	2 湯匙	200°C / 400°F	15-20 分鐘
 玉米	4 支	整支, 去殼	1 湯匙	200°C / 400°F	12-15 分鐘
 四季豆	450 g	去頭尾	1 湯匙	200°C / 400°F	8-10 分鐘
 羽衣甘藍 (製作脆片)	125 g, 袋裝	剝成小段, 去梗	無	150°C / 300°F	15-20 分鐘
 蘑菇	450 g	切半	1 湯匙	200°C / 400°F	8-10 分鐘
 褐皮馬鈴薯	450 g	切成 2.5 cm 斜角狀	1 湯匙	200°C / 400°F	25-30 分鐘
	450 g	手切薯條, 細	1 湯匙	200°C / 400°F	15-20 分鐘
	450 g	手切薯條, 粗	1 湯匙	200°C / 400°F	25-30 分鐘
	4 顆完整的 (中型)	用叉子戳過	無	200°C / 400°F	35-45 分鐘
 地瓜	450 g	切成 2.5 cm 丁狀	1 湯匙	200°C / 400°F	15-20 分鐘
	4 顆完整的 (中型)	用叉子戳過	無	200°C / 400°F	35-45 分鐘
 櫛瓜	2 根中型	長度切一半, 然後再切成 2.5 cm 片狀	1 湯匙	200°C / 400°F	12-15 分鐘
 茄子	1 根中型	長度切四段, 然後再切成 2.5 cm 片狀	1 湯匙	200°C / 400°F	15-18 分鐘
 豆腐	450 g	切成 2.5 cm 丁狀	1 湯匙	190°C / 375°F	15-18 分鐘

















食材	份量	準備	油	溫度	烹調時間
<b>禽類</b>					
 雞胸	2 片 (每片 340 g)	帶骨	刷油	190°C / 375°F	20-30 分鐘
	2 片 (每片 225 g)	去骨	刷油	200°C / 400°F	15-20 分鐘
 雞腿	4 支 (每支 170 g)	帶骨	刷油	190°C / 375°F	25-35 分鐘
	4 支 (每支 285 g)	去骨	刷油	200°C / 400°F	18-25 分鐘
 雞翅	450 g	棒棒腿與二節翅	1 湯匙	200°C / 400°F	20-25 分鐘
 火雞胸	4 片 (每片 170 g)	去骨	刷油	200°C / 400°F	10-12 分鐘

<b>魚、海鮮</b>					
 蟹肉餅	2 塊 (每塊 170 g)	無	刷油	190°C / 375°F	10-12 分鐘
 龍蝦尾	4 尾 (每尾 115 g)	完整	無	190°C / 375°F	5-8 分鐘
 鮭魚排	2 片 (每片 170 g、2.5 cm 厚)	無	刷油	200°C / 400°F	12-15 分鐘
 白肉魚排	2 片 (每片 170 g)	無	刷油	200°C / 400°F	10-12 分鐘
 旗魚	2 片魚排 (每片 170 g、2.5 cm 厚)	無	刷油	200°C / 400°F	12-15 分鐘
 鮪魚	2 片魚排 (每片 170 g、2.5 cm 厚)	無	刷油	200°C / 400°F	12-15 分鐘
 蝦	450 g	完整，剝殼	1 湯匙	190°C / 375°F	7-10 分鐘

<b>牛</b>					
 漢堡排	4 片 (每片 115 g)	2.5 cm 厚	無	200°C / 400°F	8-10 分鐘
 肉丸	12 顆 (每顆直徑 5 cm)	5 cm 直徑	無	200°C / 400°F	10-15 分鐘
 牛排	2 片 (每片 225 g、2.5 cm 厚)	帶骨	無	200°C / 400°F	15-20 分鐘
	2 片 (每片 225 g、2.5 cm 厚)	去骨	無	200°C / 400°F	10-15 分鐘

食材	份量	準備	油	溫度	烹調時間
<b>豬、羊</b>					
 培根	6 片	無	無	190°C / 375°F	8-10 分鐘
 羊排	2 片厚切沙朗 (每片 170 g) 4 片小排 (每片 115 g)	帶骨 去骨	刷油 刷油	190°C / 375°F 200°C / 400°F	20-25 分鐘 15-20 分鐘
 豬排	2 片厚切帶骨 (每片 225 g) 4 片去骨 (每片 170 g)	帶骨 去骨	刷油 刷油	190°C / 375°F 200°C / 400°F	20-25 分鐘 15-20 分鐘
 豬里肌	1 條里肌肉 (450 g)	切半	刷油	200°C / 400°F	20-25 分鐘
 香腸	4 條香腸	完整	無	190°C / 375°F	8-10 分鐘

<b>冷凍食品</b>					
 雞柳	450 g	無	無	200°C / 400°F	15-20 分鐘
 雞塊	450 g	無	無	200°C / 400°F	10-12 分鐘
 魚排	4 片 (每片 170 g, 未裹粉)	無	刷油	200°C / 400°F	12-18 分鐘
 魚柳	450 g	無	無	200°C / 400°F	10-12 分鐘
 薯條	450 g	無	無	200°C / 400°F	20-25 分鐘
 春捲	450 g	無	無	200°C / 400°F	15-18 分鐘
 馬芝拉條	450 g	無	無	200°C / 400°F	8-10 分鐘
 餃子	450 g	無	無	190°C / 375°F	12-15 分鐘
 披薩	一人份	無	無	190°C / 375°F	10-12 分鐘
 披薩捲	450 g	無	無	200°C / 400°F	12-15 分鐘
 蝦	450 g (裹粉)	無	無	200°C / 400°F	12-15 分鐘
 薯塊	450 g	無	無	200°C / 400°F	15-18 分鐘
 洋蔥圈	450 g	無	無	200°C / 400°F	10-12 分鐘
 冷凍蔬菜	450 g	無	1 湯匙	200°C / 400°F	10-15 分鐘

食材	準備	溫度	乾燥時間
<b>水果、蔬菜</b>			
 蘋果	去核，切成 3 mm 片狀	56°C / 135°F	7-8 小時
 杏桃	切成 3 mm 片狀，去核	56°C / 135°F	8-10 小時
 香蕉	去皮，切成 3 mm 片狀	56°C / 135°F	8-10 小時
 甜菜根	去皮，切成 3 mm 片狀	56°C / 135°F	6-8 小時
 新鮮香草葉	洗淨，吸乾水分，去梗	56°C / 135°F	4 小時
 薑	切成 3 mm 片狀	56°C / 135°F	6 小時
 芒果	去皮，切成 3 mm 片狀，去核	56°C / 135°F	8-10 小時
 蘑菇	切成 6 mm 片狀 (用廚房紙巾擦拭乾淨)	56°C / 135°F	6-8 小時
 鳳梨	削皮，去心，切成 3 mm 片狀	56°C / 135°F	8-10 小時
 草莓	切半或 3 mm 片狀	56°C / 135°F	8-10 小時
 番茄	切成 3 mm 片狀	56°C / 135°F	6-8 小時
 小番茄	切半	56°C / 135°F	8-10 小時
<b>肉類、禽類、魚</b>			
 牛	切成 6 mm 片狀，醃隔夜	66°C / 150°F	8-10 小時
 雞	切成 6 mm 片狀，醃隔夜	66°C / 150°F	8-10 小時
 火雞	切成 6 mm 片狀，醃隔夜	66°C / 150°F	8-10 小時
 鮭魚	切成 6 mm 片狀，醃隔夜	66°C / 150°F	5-7 小時

# Gourmia®

搜尋及分享食譜 @gourmia

