

GOURMIA®



Air Fryer
Recipe Book
and Cooking Chart

Includes **30** recipes
uniquely created for
Model **GAF858**

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Gourmia®

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BBQ Onion Rings

Serves 4 / COOK TIME 8-10 minutes

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)

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. 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



BCT Scones

(Bacon, Cheddar, Tomato)

Serves 4 / COOK TIME 10-15 minutes

2 cups All-Purpose Flour
1 tablespoon baking powder
1 teaspoon granulated sugar
½ teaspoon kosher salt
4 tablespoons cold unsalted butter, cut into cubes
1 cup grated cheddar cheese
½ pound bacon, air-fried, cooled, and crumbled
 cup snipped fresh chives
¾ cup heavy cream or enough to make the dough cohesive
1 tablespoon tomato paste

Preheat Gourmia Air Fryer to BAKE 375°

1. Whisk together the flour, baking powder, sugar, and salt
2. Work the butter into the flour until the mixture is unevenly crumbly, with some of the butter remaining in larger pieces
3. Mix in the cheese, bacon, and chives until evenly distributed
4. Stir together the ¾ cup of cream and the tomato paste
5. Add the cream mixture to the flour mixture, stirring to combine (if the dough is crumbly, add cream in small amounts until the dough just comes together)
6. Transfer the dough to a well-floured work surface
7. Pat the dough into a 7" disk about ¾" thick
8. Use a knife to cut the disk into 8 wedges, spreading the wedges apart
9. Place scones in the air fryer basket
10. Bake the scones for 10-15 minutes or until golden brown and cooked through

Serve warm or at room temperature



Bacon Cheddar Jalapeño Poppers

Serves 4 / COOK TIME 5-8 minutes

10 jalapeños, cut in half lengthwise seeds removed
6 oz. cream cheese, softened
¼ cup 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 400°

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



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

4 ounces Manchego cheese (or a good melting cheese like Cheddar), cut into 24 small rectangles

24 wooden toothpicks

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



Blueberry Cornbread

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

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

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



Brunch Baked Potatoes

6 small to medium size russet potatoes
1 tablespoon vegetable oil
Salt and pepper
¾ cup 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 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 fraiche, a slice of smoked salmon and some fresh dill



Butter Roasted Radishes

2 16 oz. 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 400°

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



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 round pan

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

Preheat Gourmia Air Fryer to BAKE 375°

1. Lightly grease an 8-inch 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



Buttery Shortbread Cookies

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

Makes one 8-inch round 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



Chicken Tostadas

Serves 4 / COOK TIME 5-8 minutes

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

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. 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



Chili Garlic Broccoli

Serves 4

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

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

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



Crab Chips

Serves 8 / COOK TIME 8-12 minutes

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

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. 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



Crispy Glazed Cabbage Steaks

1 small head cabbage, cut into 1-inch 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 375°

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 and glazed and lightly charred



Crispy Gnocchi with Lemony Brussels Sprouts

16 oz. Brussels sprouts, trimmed and cut in half
6 tablespoons melted unsalted butter, divided
¼ teaspoon Kosher salt
¼ teaspoon black pepper
16 oz. fresh or frozen gnocchi
1 lemon, zested and juiced, reserved separately
½ cup grated Parmesan cheese

Serves 4 / COOK TIME 30-35 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl, toss together Brussels sprouts, salt, pepper, lemon juice and 3 tablespoons of the melted butter until well mixed
2. Place into the air fryer basket and cook for 15 minutes, tossing halfway through cooking time
3. When Brussels sprouts are slightly charred and tender remove to a bowl and set aside
4. Add gnocchi and remaining melted butter to the air fryer basket tossing gently just to coat
5. Cook gnocchi for 8-10 minutes (12-14 minutes if frozen), tossing halfway through cooking time, until gnocchi are brown and crisp
6. Return Brussels sprouts to the air fryer basket, add lemon zest and parmesan cheese. Toss to combine
7. Cook for an additional 3-5 minutes or until Brussels sprouts are hot and parmesan cheese is toasty

Serve with additional parmesan cheese if desired



Firecracker Snack Mix

8 ounces assorted mini crackers and pretzels
6 tablespoons unsalted butter, melted
1½ teaspoons Ranch seasoning mix
1 teaspoon red pepper flakes, or to taste
¾ teaspoons garlic powder
¾ teaspoons onion powder
¼ teaspoon black pepper
¼ teaspoon sugar

Serves 6 / COOK TIME 10-15 minutes

Preheat Gourmia Air Fryer to BAKE 250°

1. In a large mixing bowl, add all ingredients
2. Gently toss the mixture until crackers and pretzels are evenly coated with butter and spices
3. Pour mixture into the air fryer basket
4. Cook for 10-15 minutes, tossing and shaking basket halfway through cooking. Crackers should be crisp and lightly browned

Cool before serving



Honey Harissa Chicken with Crispy Chickpeas

4 bone-in, skin-on chicken thighs
1 15-ounce 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

Serves 2 / COOK TIME 18-20 minutes

Preheat Gourmia Air Fryer to AIR FRY 375°

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



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
1 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
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



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 375°

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



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. Place squash in air fryer basket keeping in an even layer
3. Cook 12-15 minutes or until squash is brown and cooked through



Mini Apple Walnut Crumbles

Serves 4 / COOK TIME 20-30 minutes

Preheat Gourmia Air Fryer to BAKE 325°

To make crumble topping:

1. In a large bowl, mix dry ingredients
2. Add butter and mix until large crumbs form, set aside

For apples:

1. Place apples in a large bowl
2. Add remaining ingredients to bowl and gently toss until apples are evenly coated with butter, brown sugar, and cinnamon
3. Divide apples between ramekins
4. Top each with $\frac{1}{4}$ of the crumble topping
5. Place ramekins into the air fryer basket
6. Bake for 20-30 minutes or until apples are tender

Serve warm with vanilla ice cream if desired

For crumble topping:

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup, packed light brown sugar
- $\frac{1}{4}$ cup chopped walnuts
- $\frac{1}{4}$ teaspoon kosher salt
- 8 tablespoons unsalted butter, cold and cut into cubes

For apples:

- 3 cups (approximately 3 small apples), peeled, cored, and cut into 1-inch pieces
- 2 tablespoons unsalted butter, melted
- 1 tablespoon light brown sugar
- 1 teaspoon ground cinnamon



Minty Lamb Chops

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

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

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



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. 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



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. Lightly grease an 8-inch 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



Pulparindo Glazed Chicken Wings

1 pound chicken wings
6 ounces Pulparindo tamarind candy (original flavor)
broken into pieces
2 large garlic cloves
2 canned chipotle chiles in adobo
2 teaspoons agave syrup (or sugar)
1 lime

Serves 4 / COOK TIME 25-30 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

To make glaze:

1. In a microwave-safe bowl, melt tamarind candy with 1 tablespoon water on high checking every 15 seconds
2. To a blender jar add melted tamarind candy, garlic, chipotle chiles, and agave syrup
3. Process until smooth
4. Pour into a bowl and reserve

To cook wings:

1. Place wings in the air fryer basket making sure to keep them in a single layer
2. Cook for 20-25 minutes or until wings are cooked through (165°F)
3. Lower temperature to 375°
4. Open basket and glaze wings with reserved glaze
5. Continue cooking for 5 minutes or until wings are nicely glazed

Serve with a squeeze of lime



Salt and Vinegar Fish and Chips

4 boneless skinless cod or haddock fillets approximately
6 ounces each
1 egg
½ cup tartar sauce
2 cup crushed salt and vinegar potato chips
1 cup panko breadcrumbs

Serves 4 / COOK TIME 8-10 minutes

Preheat Gourmia Air Fryer to AIR FRY 375°

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



Sesame Crusted Salmon

Serves 4 / COOK TIME 8-10 minutes

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

Preheat Gourmia Air Fryer to AIR FRY 400°

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



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



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



Spicy Garlic Green Beans

16 oz. fresh green beans, trimmed
1 tablespoon vegetable oil
½ teaspoon kosher salt
2 large cloves garlic, minced
2 teaspoons soy sauce
2 teaspoons chili crisp
½ teaspoon grated ginger

Serves 4 / COOK TIME 9-12 minutes

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Thoroughly pat the green beans dry with paper towels
2. In a large bowl, toss together green beans, oil, and salt until green beans are evenly coated with oil
3. Pour green beans into the air fryer basket
4. Cook for 6-8 minutes tossing halfway through cooking time until green beans are blistered and slightly charred
5. Add garlic, soy sauce, chili crisp, and ginger to green beans, toss a few times to mix
6. Cook for another 3-4 minutes to glaze green beans



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. 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

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
	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
	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 450°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	400°F 450°F	25–35 minutes 18–25 minutes
 Chicken wings	16 oz	Drumettes & flats	1 Tbsp	450°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	450°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	450°F	12–15 minutes
 Tuna	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	450°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	450°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) 2 steaks (8 oz each, 1-inch thick)	Bone-in Boneless	None None	450°F 450°F	15–20 minutes 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) 2 rib chops (4 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	400°F 450°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 Brushed with oil	400°F 450°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	425°F	15–20 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	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
FRUITS & VEGETABLES		PREPARATION	TEMPERATURE	DEHYDRATE TIME	
 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

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

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