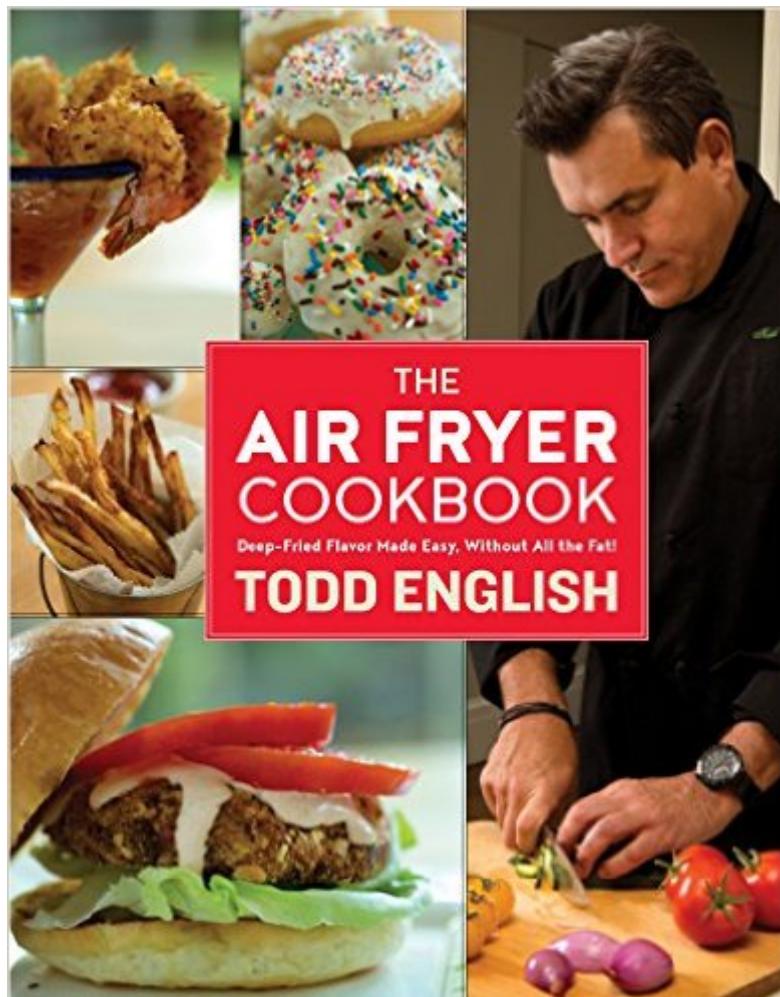


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# The Air Fryer Cookbook: Deep-Fried Flavor Made Easy, Without All The Fat!



## Synopsis

Air fryers are hot new kitchen appliances that use forced hot air to "fry" foods without oil. This is a huge boon to home cooks who love the flavor and texture of deep-fried foods, but hate the fat, calories, mess, and danger that accompany frying foods in a vat of hot oil.

## Book Information

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## Customer Reviews

If you are new to air fryer cooking this book will help you along.... Lots of idea's to get you started and some unique ones for the more adventurous. Approx 70 recipes of appetizers, main dish, sides, fries and chips and desserts. I found the sauce recipes unnecessary and would have preferred they not be in the book but suspect they were placed to increase the over all number of recipes listed on the title. 18 sauce recipes to be exact. But some great tips listed and some unique recipes i.eTempura recipe for veggies,a number of recipes to make your own Veggie Chips( potato chips clones )Fried string beansSmokey BBQ RibsCoconut ShrimpFried Buffalo WingsApple PiesBerry Crumbs.These are a few of the options and a number of made from scratch recipes for doughnuts cake Pizza dough to make in the air fryer.A quick reference guide will be the most valuable page in this book for many of us...as will the TIPS listed in the front of the book.Over all a good addition to your cookbook collection to get the most out of the air fryerThe Air Fryer gives you amazing and crisp results..... Just follow the directions and you will be singing the praises of your new Air Fryer and creating all sorts of new fun meals and snacks to enjoy....

So far I have only made two recipes. The Plantain Chips (pg. 99) says to cook at 360 degrees for 25 minutes. They were burned after 15 minutes. I think nothing would have been left of them had we

left them in the full 25 minutes. Next was the Bad-A\*\* Skirt Steak (pg.80). The description says "marinate it overnight to allow the vinegar and soy sauce to tenderize it." Well, just one problem, there is no vinegar in the ingredients list.

I ordered this cookbook solely to help with familiarizing myself with the techniques and everyday recipes for the air fryer. I was not familiar with Todd English but thought from some of the reviews that this would be compatible with most any air fryer. When it arrived I was pleased with the colorful hardback book appearance. Until I opened the front cover! There was a large glob of sticky glue coming out from the bottom of the book. It was disgusting and I think it would have been impossible to remove without tearing up the book. I received this a day after my Phillips AirFryer XL arrived and since the information with it was minimal I was really looking forward to finding out more about air frying. There is a introduction to air frying section that did have a few tips. There is a section in the back with a cooking reference chart but since this chart is geared to the Todd English Air Fryer the cooking temps do not coincide with the Phillips AirFryer XL. The Todd English Air Fryer apparently had the temp where you could adjust it every 10 degrees (330, 340, 350, etc.) up to 400. However, the Phillips can only be adjusted at 30 degree increments (330, 360, 390) and 390 is the max temp for the Phillips. Very few of his recipe temps worked without guesswork on the Phillips. Most of the recipes came with a nice color photo and good directions on how to cook. I found the selection of recipes to be for foods I was not interested in. For example there were 7 pages devoted to various kinds of "croquettes". 17 pages were devoted to "potatoes" in one form or another. There was an entire chapter on sauces and homemade ingredients (breadcrumbs, etc.). Many of his recipes included up to 14 ingredients with five being the least number of ingredients. The ingredients were also full of eggs, cream cheese, other cheeses and breadcrumbs. He mentions the Todd English Air Fryer several times and it seemed to me that this recipe book would have been wonderful as a bonus when purchasing his air fryer. I knew almost every recipe would have to be modified as far as the time and temperature to make it work with the Phillips AirFryer XL due to the temperature guage being so different. Since I wanted a book I could use easily when beginning with air frying I didn't think this was the one for me.

If you're one of those people who likes to have a physical book in hand rather than search for recipes on-line then this TE Air Fryer recipe book is for you but honestly you can look up the same recipes, albeit with different variations, on any one of the various air fryer websites. Had I known this then I would have just saved my money. I expected something more original from TE not his take on

what is already out there on the www. Disappointing.

Great recipes and I am enjoying trying a new one almost on a daily basis. I love the fact that it has pictures and if you follow the directions your healthy food will look just like the pictures.

all the dishes that I have made so far are very tasty and easy to produce.Best of all is that it is a great guideline for cooking other dishes because for most of us it is a different way to cook then most of us are used to,What I mean is you can judge time for your dishes off the ones in the book.These air fryers are the best kitchen tool that has come out in a while if you don't have one get one

What happened to good old American food? I don't need fancy recipes with all the sauces. However, this book does not stand alone. All of the air fryer recipe books are the same. I hope someone will write a book with pot roast, etc recipes. Foods that grandma made. Recipes that don't send me to the store for some exotic herb or cut of meat.

I bought this cook book for my husband for his birthday. I bought him the air fryer for Christmas as we both need to stay away from fried foods. This cookbook is full of recipes that you would use. Not like some cookbooks that are full of recipes that you wouldn't use for everyday. I'm still waiting for him to use the air fryer, but when he does we are ready with a lot of recipes!

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