



**COOK'S™
COMPANION**

MULTIFUNCTIONAL AIR FRYER
WITH ROTISSERIE

Care & Use Manual

with Recipes by Deb Murray



PLEASE READ BEFORE USE AND SAVE THESE INSTRUCTIONS

Thank you for purchasing Cook's Companion™ Multifunctional Air Fryer with Rotisserie. The Cook's Companion™ Multifunctional Air Fryer heats up quickly while the convection fan circulates hot air internally to cook food uniformly and seals in the natural juices for full flavor and aroma. The look while you cook lid, allows you to clearly see what you are cooking and easily obtain the optimum cooking level for your meals. In addition to being your primary cooking vessel, this appliance is so compact, it can be used as an extra warming vessel for entertaining or in situations where space is limited. This Cook's Companion™ product will perform best when used as intended. To ensure the best performance please consistently follow these instructions. This user's manual contains information on the use and care of this product. Please read this manual carefully before operation to ensure proper usage and maintenance. Carefully following the directions in this booklet will enable you to optimize the performance and lifespan of the appliance. The product you have purchased adheres to the latest safety and technology standards; however, as with any electric appliance, there are some potential risks. Only operate this oven in accordance with the instructions provided and only for its intended household use.

IMPORTANT SAFEGUARDS

- Read all instructions and save for future reference.
- The Multifunctional Air Fryer is for domestic use only; It is not designed for commercial operation.
- Do not operate in the presence of explosive and/or flammable fumes.
- This appliance is not intended for use by children. Keep children and pets away from this product. Close adult supervision is necessary when any appliance is used by or near children.
- Always make sure that children cannot reach the product or any loose cables.
- Use on a secure and stable worktop. Do not place near the edge of the worktop.
- Do not place the product where it can either fall or be submerged into water or any other liquid.
- Use the product for its intended household use only.
- Always place the pan shell and pan onto the base before plugging the power cord and switching on. NEVER operate the oven without first placing it on the supplied base.
- Do not let the cord hang over the edge of the table or worktop, or make contact with hot surfaces.
- Do not place the Multifunctional Air Fryer on or near a hot gas or electric cook top or in a heated oven.
- Do not move the oven while in use.
- Surfaces become very hot during operation, and remain hot for some time after the unit is switched off.
- All metal items in the Fryer, such as the accessory attachments, can get very hot during cooking. Please be careful when removing these items from the oven. Always wear oven gloves or use the tongs supplied.
- Never place unprotected hands inside the oven when in use.
- Never leave the product unattended while in use.
- Always open the lid away from you so that escaping steam is channeled away from your face.
- Take care when lifting the lid to avoid contact with hot liquid condensation that may have collected on the inner surface of the lid.

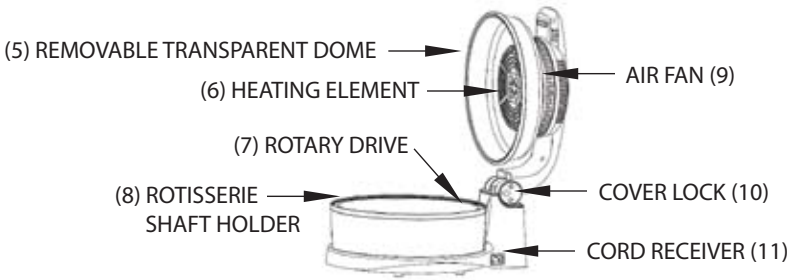
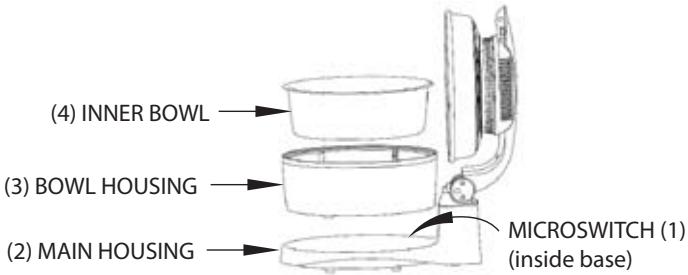
IMPORTANT SAFEGUARDS (CONT.)

- Be sure to allow the oven body to cool off before cleaning.
- Be sure to unplug the oven when it is not in use, when cleaning the oven or whenever there is a known power failure. Allow the unit to cool before putting on or taking off parts. Remove the plug from the socket by pulling on the actual plug. Do not pull the plug out by the cable.
- Use extreme caution when removing any part from the Air Fryer.
- Be careful when disposing of hot liquids, particularly fat or oil.
- To protect against electrical shock, never immerse the cord, plug, lid/control panel or the whole unit in water or other liquids.
- Regularly check the cable and plug for any signs of damage.
- Do not clean with metal scouring pads: Pieces may break off the pads and make contact with electrical parts, increasing the risk of electrical shock.
- Never operate the Air Fryer if it has a damaged cord or plug or after the appliance has been damaged in any manner.
- Do not use any other accessories or attachments not recommended by the manufacturer.
- Never use the cord to carry the product.
- Do not disassemble the product or attempt to modify the plug in any way. This item is not equipped with any user serviceable parts.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.

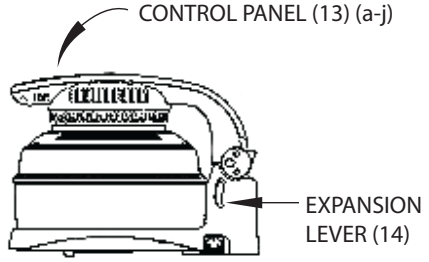
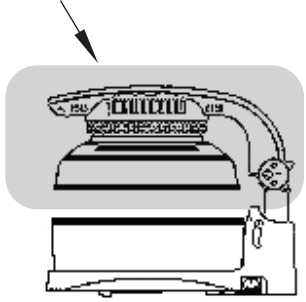
NOTICE:

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

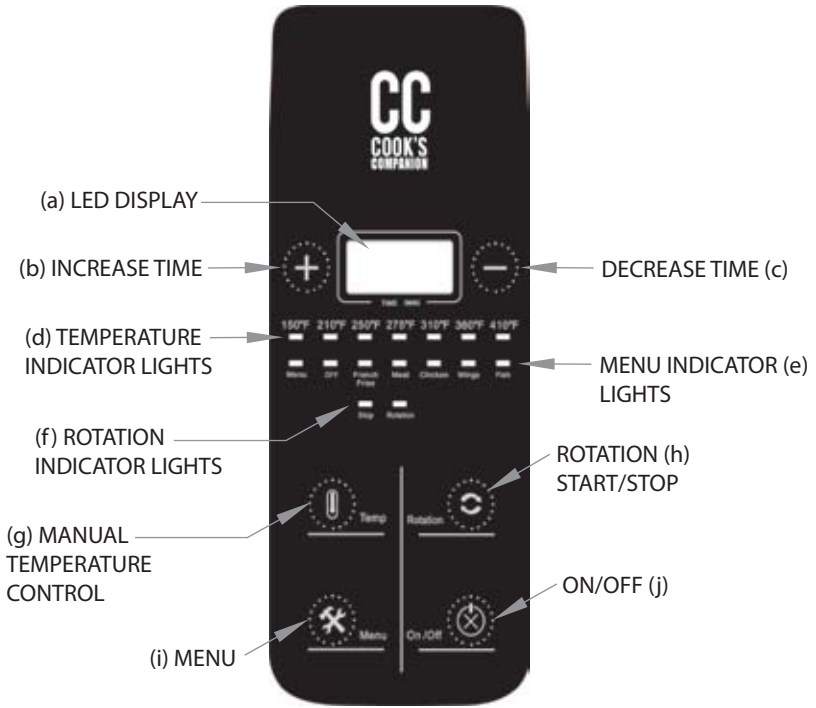
APPLIANCE DIAGRAM



(12) COVER (see control diagram)



CONTROL PANEL DIAGRAM



ACCESSORY ITEMS



1. EXPANSION RING



2. UTILITY PAN



3. PERFORATED PAN



4. ROTARY BASKET



5. RECTANGLE ROTARY BASKET



6. ROTISSERIE SHAFT



7. ROTISSERIE FORKS



8. LIFTER



9(a). DUAL RACK
(low position)



9(b). DUAL RACK
(high position)



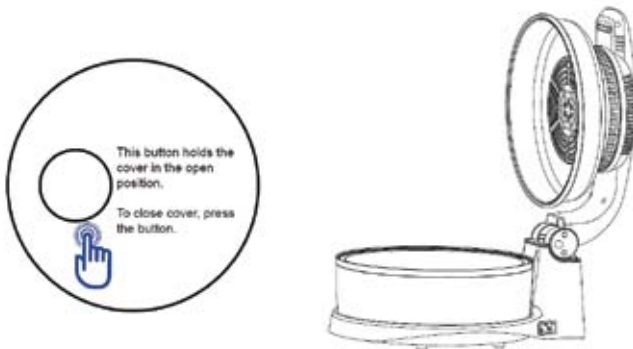
10. POULTRY RACK



11. VERTICAL RACK

APPLIANCE DIAGRAM USE & ASSEMBLY

1. **MICRO SWITCH:** A safety mechanism (located inside the base of the Main Housing) that must be depressed by the Bowl Housing for the appliance to function. If the appliance does not turn on check this connection to make sure it is depressed.
2. **MAIN HOUSING:** Outer support structure. Houses the Micro Switch, Heating Element, Rotary Drive, Air Fan, Cover Lock, Cord Receiver, Cover, Control Panel and Expansion Lever.
3. **BOWL HOUSING:** Holds the Inner Bowl in place and surrounds the inner bowl with a color, heat resistant outer shell. Place the Bowl Housing inside the Main Housing making sure to insert the rotary drive through the round opening in the Bowl Housing.
4. **INNER BOWL:** Main cooking area coated with PTFE free nonstick coating. The Inner Bowl nests inside the Bowl Housing. Align the round opening in the Inner Bowl with the Rotary Drive and nest into the Bowl Housing.
5. **REMOVABLE TRANSPARENT DOME:** Look through area of the cover. The Dome is removable for cleaning. To remove, grasp the dome and turn clockwise. To replace, align grooves and turn counter clockwise.
6. **HEATING ELEMENT:** Heat source.
7. **ROTARY DRIVE:** Rotating connection for all rotisserie parts. This is the chrome circular shaft that inserts through both the Bowl Housing and Inner Bowl.
8. **ROTISSERIE SHAFT HOLDER**
9. **AIR FAN:** Fan that circulates the air in side the appliance creating the convection process.
10. **COVER LOCK:** Holds the cover in the open position at a 90° angle. While the button is in position, the top lid is locked. To close the cover, press the button.



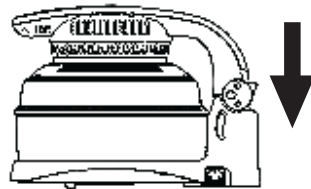
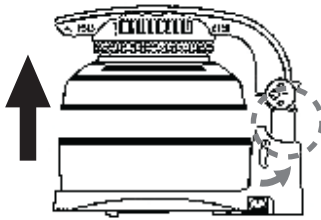
APPLIANCE DIAGRAM USE & ASSEMBLY (CONT.)

11. **CORD RECEIVER:** Attachment area for electrical cord to the appliance. Insert the appliance side of the cord here.

12. **COVER:** Entire top section of the appliance. Transparent dome removes for cleaning.

13. **CONTROL PANEL:** Digital function control area. See separate control function reference (a-j).

14. **EXPANSION LEVER:** Your Cook's Companion™ Multifunctional Air Fryer has a special design feature (Expansion Device) that allows the appliance to expand to accommodate the Expander Ring. To expand: Grasp cover arm firmly, and lift up the cover arm until it is held in the higher position. To lower: Turn the expansion lever counter-clockwise until it releases and lower the cover arm.



CONTROL PANEL REFERENCE

(a) LED DISPLAY: Digital display.

(b) INCREASE TIME: Press button, at any time, to manually increase cooking time. It increases by minutes. If pressed continually without release, it will increase up in 5 minute increments.

(c) DECREASE TIME: Press button, at any time, to manually decrease cooking time. It decreases by minutes. If pressed continually without release, it will decrease in 5-minute increments.

(d) TEMPERATURE INCREMENT LIGHTS: Lights up to identify temperature setting.

(e) MENU INDICATOR LIGHTS: Lights up to identify item setting.

(f) ROTATION INDICATOR LIGHTS: Light up to identify if rotation is on/off.

(g) MANUAL TEMPERATURE CONTROL: Press to manually adjust temperature.

(h) ROTATION STOP/START CONTROL: Press to start/stop rotary function.

(i) MENU: Press to select DIY or Pre-settings.

(j) ON/OFF: Starts or stops power.

ACCESSORY USE AND ASSEMBLY

(ALL ACCESSORIES ARE DESIGNED SPECIFICALLY FOR USE WITH THE COOK'S COMPANION™ MULTIFUNCTIONAL AIR FRYER)

1. EXPANSION RING: Increases Inner Bowl height expanding the appliance capacity by 5 quarts. Allows extra capacity for cooking larger food items such as a whole chicken. Follow the Expansion Lever instructions (Appliance Use 13). Open cover to 90° and place the Expansion Ring on top of the Bowl Housing (Appliance Use 3). The Expansion Ring has triangle-shaped caution symbols. The triangles point up Δ when correctly placed. Press the Cover Lock (Appliance Use 9) to lower the cover. The Transparent Dome nests inside the rim of the Expansion Ring.

2. UTILITY PAN: Stick resistant pan mostly used on top of the low rack.

3. PERFORATED PAN: Stick resistant perforated pan mostly used on top of the low rack and allows more airflow than the Utility Pan.

4. ROTARY BASKET: (pictured below left) Cylinder shaped basket mostly used to rotate smaller food items such as French fries, beans and more. Must be used in conjunction with the rotisserie shaft. To assemble the Rotary Basket; insert the Rotisserie Shaft (6 Accessary Items) through the square hole in the center of the Rotary Basket. The Rotisserie Shaft has small indents on one side that should be facing the screw side of the Rotary Basket. These indents help center the basket. Align the outer indents with the screws and hand tighten. Open the basket on the opposites side of the hinges, the basket has a tension clasp that easily opens or closes with pressure. Fill basket with desired food. Place the assembled Rotary Basket inside the Inner Bowl (4 Accessary Items) by inserting the pointed end of the Rotisserie Shaft into the Rotary Drive (7 Appliance). Rest the opposite end of the Rotisserie Shaft into the Rotisserie Shaft Holder (8 Appliance). Tip: Do not over fill the basket, allowing sufficient room for movement will ensure more even cooking.



ROTARY BASKET



RECTANGLE ROTARY BASKET

5. RECTANGLE ROTARY BASKET: (pictured above right) Rectangle shaped basket most used to rotate narrower items such as sandwiches or fish. The Rectangle Rotary Basket comes with a pre-assembled rotisserie shaft. Remove the basket lid by squeezing the top lid handles together. One side of the handle will bend inward allowing removal. Place food item inside and replace the lid as close to the food item as possible. Place the basket inside the Inner Bowl (4 Accessary Items) by inserting the longer shaft end into the Rotary Drive. Take care to line up the square shaft end with the square area of the Rotary Drive. Rest the opposite end of the basket shaft into the Rotisserie Shaft Holder (8 Appliance). Tip: The Basket lid can be placed at different levels inside the basket, the closer lid is placed to the food item the better the item will stay in place during cooking.

ACCESSORY USE AND ASSEMBLY (CONT.)

6. **ROTISSERIE SHAFT:** (pictured below) Used in conjunction with the Rotary basket and rotisserie forks.

7. **ROTISSERIE FORKS:** (pictured below) Use for roasting chicken, duck and roasts. Must be used in conjunction with the rotisserie shaft. The Rotisserie forks need to attach to the Rotisserie Shaft for use. Attach one fork to one side of the Rotisserie Shaft and tighten. Skewer the food to be cooked with the Rotisserie Shaft and slide the food until it is secured by the fork. Attach the other fork and slide until it secures the food and tighten the screw to secure. Place the assembled Rotary Basket inside the Inner Bowl (4 Accessory Items) by inserting the solid end of the Rotisserie Shaft into the Rotary Drive (7 Appliance). Rest the opposite end of the Rotisserie Shaft into the Rotisserie Shaft Holder (8 Appliance).



8. **LIFTER:** (pictured below) Use only for lifting the Dual Rack, the Utility Pan, and Perforated Pan out of the Fryer. Place the Lifter ends around the outside edge of the rack or pan, squeeze together and lift (as pictured). Note: Please use caution when using lifter, as all pieces may be hot.



9. **DUAL RACK:** Recommend for maintaining the desired height between food and heat source. This rack is reversible, with one side high and one side low. Please note there must be at least $\frac{3}{4}$ " between the heat source and the food.

10. **POULTRY RACK:** (pictured below left) Use in conjunction with the Dual Rack in the low position. This rack allows for vertical roasting of poultry. Attach the Poultry Rack to the Dual Rack, as pictured.



POULTRY RACK + DUAL RACK



VERTICAL RACK + DUAL RACK

11. **VERTICAL RACK:** (pictured above right) Use in conjunction with the Dual Rack in the low position. Separates food and assists vertical cooking items such as garlic toast. Vertical Rack rests on top of Dual Rack in low position, as pictured.

GETTING STARTED

Read the safety instructions found in this manual before operating. Before using this appliance for the first time, follow these steps:

1. Remove all packing materials and literature from inside the oven. Make sure the oven is in good condition and there are no missing parts or damage to any part.
2. Select a flat, heat-resistant, non-flammable surface to operate the Multifunctional Air Fryer on making sure there is enough room to open the cover when cooking is complete.
3. Remove any dust or soil that may have accumulated on the surface of the product. Wipe thoroughly with a clean damp cloth. Wash each washable part (Inner Bowl, Transparent Dome, Accessories) in warm soapy water or in the dishwasher. Do not use any abrasive cleaners or scouring pads. Dry thoroughly before use. NEVER submerge any non-washable part in water or any other liquid.
4. Select desired parts and accessories to be used for cooking and take care to assemble each part or accessory per the assembly instructions.
5. Lower the cover to the closed position and plug the appliance into the wall outlet.
6. Make sure the power cord is not touching any surface that is or will be hot.
7. Always have oven mitts or heat resistant glove available.
8. Before first use, heat up the empty appliance at 410° temperature for five minutes. This will eliminate any odors from within the oven. This also will burn off any excess lubricants, which were used during the manufacturing process. Allow the appliance to cool to room temperature before first use. A slight amount of smoke may be produced during the first few uses and is not considered a defect.
9. Always use wooden, silicone, heat-proof plastic or nylon utensils while cooking. Metal utensils may scratch the bowl.

OPERATING INSTRUCTIONS

1. Place the desired accessory inside the Inner Bowl before placing food inside (unless the accessory is pre-loaded with the food item). You may also cook directly in the bowl but it is recommended to use at least one of the accessories to obtain better circulation and distribution of hot air within the unit. For best results, keep food approximately 1" to 1.25" from the wall and ¾" from the heating element to allow maximum air circulation. **FOOD CANNOT BE CLOSER THAN ¾" FROM THE HEATING ELEMENT.** Foods may also be cooked directly on the racks, on foil or in an oven-safe container.

2. Lower the cover securely on the bowl making sure that the food does not touch the sides of the lid. If lid is not closed completely, the appliance will not turn on.

3. Press the Menu button for the desired pre-set function or DIY.

4. If using DIY, press the temperature button until the Temperature Indicator light indicates your desired temperature.

5. If using DIY, press the timer +/- button until the desired time is indicated in the LED Display.

6. If Rotisserie is desired, press the rotation start/stop button.

7. Press the On/Off button. Now you are Cooking!

Note: The interior heating element/light will cycle on and off during cooking. When the selected temperature is reached, the heat will turn off and when the inner temperature drops below the selected level, the interior light will turn back on for short periods of time, indicating that the oven is heating up.

8. When the preset time period is completed, an alarm will sound to alert you that the cooking time is over.

9. When the cooking time is over, unplug the device from the outlet. Lift the cover away from you to allow any steam to exit and take out the food.

CLEANING AND MAINTENANCE

1. Unplug the oven and allow it to cool completely before performing any cleaning or maintenance.

2. Once bowl has cooled completely, clean all parts thoroughly with warm soapy water and a damp cloth. The Inner Bowl and Accessories are dishwasher safe, however, we recommend hand washing to prolong the beauty and life of the Multifunctional Air Fryer.

3. To clean the fan cover, wipe clean with a damp cloth.

Note: spraying the bowl and racks with cooking oil prior to cooking may facilitate easier cleaning

CAUTION:

- Never immerse the lid, cord, or plug in water or any other liquid.
- If scrubbing is necessary, use a nylon or polyester mesh pad.
- Do not use a steel wool pad or abrasive material.
- Never use solvents or cleaning powder.
- Do not allow liquids to seep inside of the operating mechanism located on the underside of the lid.

STORING

Allow the appliance to cool completely before storing. Store the appliance in a cool, dry location and cover to protect from dust. Do not place any heavy items on top of this appliance during storage as this may result in possible damage to the unit.

You may want to place the lid upside down on the bowl for a more compact storage and to protect the lid from damage.

TROUBLE SHOOTING

Problem	OVEN WILL NOT TURN ON
<i>Solution</i>	<ul style="list-style-type: none"> • <i>Make sure that the power cord is plugged in to the unit and outlet.</i> • <i>Check by connecting another electric device, that the outlet is working properly.</i> • <i>Check that the thermostat is set to desired temperature. Make sure the timer has been set. If you select a temperature but do not set the timer, the oven will not turn on.</i> • <i>Make sure the lid has been folded down.</i> • <i>Make sure the Micro Switch is pressed.</i>
Problem	OVEN WILL NOT HEAT UP
<i>Solution</i>	<ul style="list-style-type: none"> • <i>Check the thermostat to see if it is set to high temperature.</i> • <i>Make sure the timer has been set. If you select a temperature but do not set the timer, the oven will not turn on.</i>
Problem	ANY PART OR COMPONENT OF THE OVEN IS BROKEN
<i>Solution</i>	<ul style="list-style-type: none"> • <i>Contact our Customer Service</i>
Problem	I AM NOT SURE WHAT TYPE OF COOKING VESSEL CAN BE USED INSIDE OF THE MULTIFUNCTIONAL AIR FRYER
<i>Solution</i>	<ul style="list-style-type: none"> • <i>Any cooking vessel that is safe to use in a regular oven is also safe to use in this Air Fryer. If unsure, check the cookware's manual or contact the cookware manufacturer. Cookware with plastic parts should not be used in any oven.</i>
Problem	THE MAIN LIGHT INSIDE THE OVEN TURNED OFF
<i>Solution</i>	<ul style="list-style-type: none"> • <i>When the oven reaches the desired temperature, the interior light will turn off. This is normal operation. The light will only turn on when the temperature is lower than the one selected on the control panel.</i> • <i>Choose the maximum temperature level. If the light still does not turn on, contact our customer service.</i>
Problem	THE OVEN PRODUCES SMOKE
<i>Solution</i>	<ul style="list-style-type: none"> • <i>The appearance of a small amount of smoke is normal during the first few uses. If after a few uses it is still smoking, unplug the unit and clean any excess grease from the underside of the lid and operating mechanism. If the problem persists, please discontinue use and contact our customer service.</i>

COOKING TIPS

- Using the Dual Rack in the high position allows food to be positioned closer to heat source for additional crispness, browning or for foods to be cooked “well done”.
- It is not necessary to use oil for roasting, but you may do so for foods that tend to become dry in an oven.
- ½ Cup of oil is the maximum amount of oil to be used in your multi-functional Air Fryer.
- If oil is used, only a thin layer is necessary.
- When half the cooking time is up, flipping the food is recommended for even cooking.
- Brushing the rack with oil will help to avoid sticking.
- You may cover the bottom of the bowl with foil to catch fat and oil drippings. This will make the oven easier to clean.
- Take special care in following baking recipes, as desserts are especially delicate and easy to overcook. Lower the temperature slightly if too much browning occurs.
- Use the nonstick pan placed on the low rack.
- Once cooking is finished, promptly remove the lid from the cooking bowl, otherwise steam may cause the food to become soggy instead of crispy.
- To steam, pour water or broth into the bottom of the cooking bowl using half a cup of liquid for every pound of food, not to exceed 2 Cups of liquid. Use only water or broth.

WARNING: *NEVER fill the bowl with oil. This appliance is not to be used as a deep fryer! Also, stop cooking immediately if food begins to burn.*

SUGGESTED COOKING TIMES

NOTE REGARDING COOKING TIMES:

Please note that these cooking times are approximate. Actual cooking times will vary depending on several factors such as size of the pieces, thickness of cut, quality & freshness of product and temperature of oven at start (if the oven has been used immediately before starting a new recipe, the cooking time will be slightly shorter than indicated).

Please make sure you test the food for doneness before removing from oven. Use a food thermometer if possible. If food is under cooked when the cooking time is up, turn the oven back on for a few additional minutes. Check on the food periodically while the oven is functioning; if you see excessive browning of scorching on the surface, flip the food over, lower the temperature slightly, or shorten the cooking time.

FOOD	TEMPERATURE	TIME
French fries	410°F	23-25min
Chicken	410°F	25min
Drumstick	410°F	15min
Chicken wings	410°F	14min
Spareribs	410°F	18min
New Orleans Chicken Wings	410°F	14min
Fish	360°F	8-10min
Shrimp	360°F	8-10min
Squid	360°F	10min
Shellfish	360°F-410°F	12-15min

Conventional oven recipes may also be used by slightly adjusting cooking times.
A 25-30% time reduction is suggested on average.

Please refer to the following pages for recipes from Deb Murray

Cheese Sticks

Servings: 4

Ingredients

6 mozzarella string cheese sticks
¼ cup flour
2 large eggs, beaten
2 cups Italian seasoned bread crumbs
¼ cup grated Parmesan cheese
parchment paper
olive oil, for spritzing
marinara sauce for dipping

Directions

Open the package of string cheese and separate the cheese sticks and freeze for two hours. Place the flour in a large plastic bag, the beaten egg in a medium size bowl, and mix the bread crumbs with the Parmesan and place on a shallow dish or pie pan.

Place the Dual Rack (in high position) into the air fryer. Place perforated pan on the rack and cover with parchment.

When string cheese is frozen, shake the cheese in the bag of flour, then dip into beaten egg, then press in the bread crumbs and place the cheese sticks on the parchment. Spritz with olive oil. Lower the lid.

Set temperature to 410°, and set timer for 5 minutes.

When cook time is complete, turn the cheese sticks. Set the temperature to 410° and set timer for 3 minutes.

Serve with marinara as a dipping sauce.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 298	15%
Calories from Fat: 66	10%
Total Fat: 7g	11%
Saturated Fat: 2g	10%
Cholesterol: 79mg	26%
Sodium: 994mg	41%
Total Carbohydrates: 46g	15%
Fiber: 2g	8%
Sugars: 2g	
Protein: 13g	24%
Vitamin A:	2%
Vitamin C:	0%
Calcium:	18%
Iron:	19%

Buffalo Chicken Stuffed Jalapeños Wrapped in Bacon

Servings: 4

Ingredients

8 Jalapeño peppers
small brown paper bag
8 slices bacon
toothpicks
¼ cup buffalo chicken dip (recipe on following page)

Directions

Place the Dual Rack (in high position) into the air fryer. Place the jalapeños on the rack. Close the lid. Set temperature to 410° and cook for 12 minutes, turning once. When the cook time is complete, place the jalapeños in the brown paper bag and close tightly.

After 5 minutes of cooling, wear latex gloves to peel the skins off the jalapeños. Slit the peppers lengthwise and scrape out the seeds and membranes. Rinse and place on paper towels to dry.

Fill each jalapeño with buffalo chicken dip, and wrap each pepper with a piece of bacon. Secure with a tooth pick.

Place the bacon-wrapped jalapeno back on the rack in the air fryer.

Close the lid, set the temperature for 360°, and set timer for 10 minutes.

Using tongs, turn the jalapeños after 5 minutes.

Depending on the type of bacon, you may need one or two minutes longer to be crispy.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 125	6%
Calories from Fat: 110	16%
Total Fat: 12g	18%
Saturated Fat: 3g	15%
Cholesterol: 15mg	5%
Sodium: 320mg	13%
Total Carbohydrates: 1g	0%
Fiber: 0g	0%
Sugars: 1g	
Protein: 5g	9%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	0%
Iron:	0%

Buffalo Chicken Dip

Servings: 4

Ingredients

4 ounces whipped cream cheese
¼ cup ranch dressing
¼ cup cayenne pepper sauce (Frank's Red Hot)
¼ cup crumbled blue cheese
1 cup chicken cooked diced or shredded

Directions

Mix all the ingredients in a large bowl.
Serve hot or cold.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 26	1%
Calories from Fat: 19	3%
Total Fat: 2g	3%
Saturated Fat: 1g	5%
Cholesterol: 6mg	2%
Sodium: 94mg	4%
Total Carbohydrates: 0g	0%
Fiber: 0g	0%
Sugars: 0g	
Protein: 1g	2%
Vitamin A:	1%
Vitamin C:	0%
Calcium:	4%
Iron:	0%

Banging Shrimp

Servings: 4

Ingredients

1 pound jumbo shrimp, peeled & deveined

For the coating

½ cup milk

1 large, egg, beaten

2 tablespoons cornstarch

2 tablespoons all-purpose, flour

1 teaspoon salt

½ teaspoon paprika

½ teaspoon cayenne pepper

½ teaspoon garlic powder

½ teaspoon sugar

½ teaspoon Siracha

½ cup panko crumbs

oil, for spraying

For the dipping sauce

¼ cup mayonnaise

1 tablespoon ketchup

1 teaspoon Siracha

Directions

In a shallow glass baking dish, mix together all ingredients for coating except panko crumbs.

Place panko bread crumbs in another shallow glass baking dish.

Dip each shrimp in batter then dip into panko.

Place the Dual Rack (in high position) into air fryer, place 8 to 10 coated shrimp on the rack in fryer without overlapping.

Set temperature for 410°, and set timer for 10 minutes.

Cook for 4-5 minutes or until golden brown and curled. Turn and cook 4-5 minutes longer.

Repeat with the remaining shrimp.

Toss the cooked shrimp with the sauce and serve shrimp on a platter of shredded lettuce with bowl of sauce in the center.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 169	8%
Calories from Fat: 112	17%
Total Fat: 12g	18%
Saturated Fat: 2g	10%
Cholesterol: 43mg	14%
Sodium: 754mg	31%
Total Carbohydrates: 11g	4%
Fiber: 0g	0%
Sugars: 3g	
Protein: 2g	4%
Vitamin A:	7%
Vitamin C:	1%
Calcium:	4%
Iron:	1%

Baked Potatoes

Servings: 3

Ingredients

3 medium russet potatoes
olive oil
sea salt

Directions

Wash the potatoes and rub with oil.
Sprinkle sea salt all over potatoes.
Place Dual Rack (in high position) into the air fryer.
Place the potatoes on the rack.
Close the lid. Set the temperature to 360°, and set the timer for 40 minutes.

Nutrition Facts

Serving Size: 1/3 of a recipe.

Amount Per Serving	% Daily Value
Calories: 110	6%
Calories from Fat: 0	0%
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 10mg	0%
Total Carbohydrates: 23g	8%
Fiber: 3g	12%
Sugars: 0g	
Protein: 3g	5%
Vitamin A:	0%
Vitamin C:	50%
Calcium:	0%
Iron:	8%

Air Fried Green Tomatoes

Servings: 2

Ingredients

2 large green tomatoes, cut into ¼ inch rounds
1 teaspoon salt
½ teaspoon pepper
½ cup instant flour
1 cup buttermilk
1 cup Italian bread crumbs
½ tablespoon Cajun seasoning
olive oil, for spritzing
Ranch dressing

Directions

Season the tomato slices with salt and pepper.
Place the flour in a shallow dish, put the buttermilk in a shallow dish or pie pan, and then mix the bread crumbs with Cajun seasoning in another dish.
Place the Dual Rack (in high position) into the air fryer.
Dredge each tomato in the flour then dip it in the buttermilk. Then press in the bread crumbs into both sides.
Place as many slices of tomatoes you can on the rack without overlapping.
Spritz the tomatoes with olive oil.
Close the lid. Set the temperature to 410°, and set the timer for 12 minutes, turning the tomatoes after 5 minutes.
Repeat with the remaining slices.

Serve with Ranch dressing seasoned with some of the Cajun spice

Nutrition Facts

Serving Size: 1/2 of a recipe.

Amount Per Serving	% Daily Value
Calories: 185	9%
Calories from Fat: 10	1%
Total Fat: 1g	2%
Saturated Fat: 1g	5%
Cholesterol: 5mg	2%
Sodium: 1470mg	61%
Total Carbohydrates: 34g	11%
Fiber: 1g	4%
Sugars: 6g	
Protein: 5g	9%
Vitamin A:	20%
Vitamin C:	40%
Calcium:	15%
Iron:	8%

Teriyaki Chicken Wings

Servings: 4

Ingredients

1 dozen chicken wings
 $\frac{3}{4}$ cup soy sauce
1 tablespoon honey
1 teaspoon garlic powder
2 teaspoons ginger
zest from $\frac{1}{2}$ lemon
sesame seeds

Directions

In a low glass baking dish add soy sauce, honey, garlic powder, ginger, sesame seeds, and zest. Stir well to blend. Add wings, marinate for 20 minutes.

Place the Dual Rack (in high position) into the air fryer, and add chicken wings on top.

Set the temperature to 410° and fry 25-30 minutes. Turning once half way through cook time.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 173	9%
Calories from Fat: 78	12%
Total Fat: 10g	15%
Saturated Fat: 3g	15%
Cholesterol: 36mg	12%
Sodium: 1896mg	79%
Total Carbohydrates: 11g	4%
Fiber: 0g	0%
Sugars: 10g	
Protein: 6g	11%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	0%
Iron:	2%

Crunchy Eggplant Fries

Servings: 2

Ingredients

1 large eggplant
1 large egg, beaten
2 tablespoons milk
2 cups seasoned panko bread crumbs
½ cup shredded Parmesan cheese
parchment paper
Marinara sauce for dipping

Directions

Peel the eggplant and slice lengthwise into ½ inch slices. Then cut slices into fries. In a shallow glass baking dish, beat egg and milk together. In another dish, combine panko and cheese. Dip each piece of eggplant in egg mixture and then press into panko mixture to coat well. Place a 6 inch square of parchment on the Dual Rack (in high position) into the Air Fryer. Carefully place coated eggplant on the parchment. Lower the lid. Set temperature to 410°, and set timer for 5 minutes. When cook time is complete, using tongs, turn the eggplant fries. Lower the lid. Set temperature to 410°, and set timer for 7 minutes.

Serve with Marinara Sauce for dipping.

Nutrition Facts

Serving Size: 1/2 of a recipe.

Amount Per Serving	% Daily Value
Calories: 591	30%
Calories from Fat: 166	25%
Total Fat: 17g	26%
Saturated Fat: 7g	35%
Cholesterol: 103mg	34%
Sodium: 2199mg	92%
Total Carbohydrates: 81g	27%
Fiber: 4g	16%
Sugars: 5g	
Protein: 31g	56%
Vitamin A:	3%
Vitamin C:	0%
Calcium:	55%
Iron:	33%

Crunchy Cod

Servings: 2

Ingredients

2 cod filets
½ cup buttermilk
½ cup quinoa flour
½ teaspoon salt
¼ teaspoon pepper
olive oil, for spritzing

Directions

Soak the fish in the buttermilk for at least 1 hour.
Combine the quinoa flour and seasonings in shallow baking dish.
Place the Dual Rack (in high position) into air fryer.
Remove the fish from the buttermilk and dip into the seasoned flour.
Spritz with oil and place on the rack.
Lower the lid, set the temperature to 410°, and set timer for 12 minutes.
Press the “On” button.
Open the lid and turn the fish half way through cook time.

Nutrition Facts

Serving Size: 1/2 of a recipe.

Amount Per Serving	% Daily Value
Calories: 125	6%
Calories from Fat: 5	1%
Total Fat: 1g	2%
Saturated Fat: 0g	0%
Cholesterol: 3mg	1%
Sodium: 663mg	28%
Total Carbohydrates: 25g	8%
Fiber: 0g	0%
Sugars: 3g	
Protein: 2g	4%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	8%
Iron:	6%

Buttermilk Fried Chicken

Servings: 4

Ingredients

½ frying chicken, cut in pieces, rinsed, dried
¼ cup buttermilk
2 cups crushed corn flakes
1 teaspoon salt
1 teaspoon thyme
½ teaspoon crushed red pepper flakes
¼ teaspoon garlic powder
sprayer filled with olive oil

Directions

Soak the chicken pieces in buttermilk 1 hour to overnight.
Combine the corn flake crumbs, thyme, crushed pepper flakes, garlic powder and salt.
Place the Dual Rack (in low position) into the air fryer.
Press the chicken pieces into the corn flake crumbs.
Place chicken pieces on the rack.
Spray with olive oil.
Lower the lid. Set temperature to 410°, and set timer for 30 minutes.
Turn the chicken after 15 minutes.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 23	1%
Calories from Fat: 3	0%
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 9mg	3%
Sodium: 28mg	1%
Total Carbohydrates: 1g	0%
Fiber: 0g	0%
Sugars: 1g	
Protein: 5g	9%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	2%
Iron:	1%

Crunchy Fries

Servings: 2

Ingredients

1 large russet potato
olive oil, for spritzing
sea salt

Directions

Peel the potato and cut into fries.
Place on a paper towel and cook fries in the microwave for 3 minutes.
Place the Dual Rack (in high position) into the air fryer.
Spritz the fries with oil and sprinkle with salt.
Place fries on the rack, careful not to overlap.
Lower lid. Set temperature for 410°, and set timer for 10 minutes.
Press the "On" button.
Open the lid and turn the fries half way through cook time.

Nutrition Facts

Serving Size: 1/2 of a recipe.

Amount Per Serving	% Daily Value
Calories: 55	3%
Calories from Fat: 0	0%
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 5mg	0%
Total Carbohydrates: 12g	4%
Fiber: 2g	8%
Sugars: 0g	
Protein: 2g	4%
Vitamin A:	0%
Vitamin C:	25%
Calcium:	0%
Iron:	4%

Crunchy Popcorn Chicken

Servings: 4

Ingredients

1 pound chicken tenders, cut into 1 inch pieces
1 large egg beaten
½ cup flour
2 tablespoons orange juice
1 cup quick cooking oats, uncooked
sprayer filled with olive oil

Directions

Wash Chicken tenders then pat dry.

Place the beaten egg in a bowl, in another dish add orange juice.

Dip chicken in orange juice, then roll in flour, then dip the chicken in the beaten egg, then roll in the oats.

Place Dual Rack (in high position) into air fryer. Lay chicken pieces on top of rack.

Spray chicken pieces with oil.

Lower lid. Set temperature to 410°, and set timer for 20 minutes. Turn once during cooking.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 396	20%
Calories from Fat: 194	29%
Total Fat: 22g	34%
Saturated Fat: 7g	35%
Cholesterol: 976mg	325%
Sodium: 295mg	12%
Total Carbohydrates: 17g	6%
Fiber: 2g	8%
Sugars: 1g	
Protein: 30g	55%
Vitamin A:	27%
Vitamin C:	4%
Calcium:	9%
Iron:	23%

Crunchy Onion Rings

Servings: 4

Ingredients

1 onion, thick slices
1 ¼ cups corn flakes, crushed
¼ cup plain bread crumbs
1 egg
¼ cup milk
½ teaspoon salt
¼ teaspoon black pepper
¼ cup flour
Optional: sprayer filled with canola oil

Directions

In a shallow dish, combine corn flakes and bread crumbs.
In a small bowl, beat egg, milk, salt, pepper, and flour.
Dip onion rings in egg mixture then corn flake mix, press gently to coat.
Place the Dual Rack (in high position) into the air fryer.
Place the onions on the rack careful not to overlap. Spray or brush with canola oil.
Close the lid. Set the temperature to 410°, and set timer for 15 minutes.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 78	4%
Calories from Fat: 13	2%
Total Fat: 1g	2%
Saturated Fat: 0g	0%
Cholesterol: 37mg	12%
Sodium: 424mg	18%
Total Carbohydrates: 13g	4%
Fiber: 1g	4%
Sugars: 1g	
Protein: 3g	5%
Vitamin A:	2%
Vitamin C:	5%
Calcium:	3%
Iron:	5%

Deb's Asian Inspired Chicken wings

Servings: 2

Ingredients

10 chicken wings
1 tablespoon sesame oil
1 teaspoon soy sauce
1 lime (zest and juice)
½ teaspoon fresh grated ginger
1 clove of garlic, minced
1 teaspoon sugar
1 teaspoon sesame seeds
½ teaspoon crushed red pepper flakes (optional)
3 tablespoons barbecue sauce (I prefer a Korean barbecue sauce)

Directions

Combine all the ingredients except for the Barbecue Sauce in a shallow dish. Let marinade for 30 minutes, turning once. Place the Dual Rack (in high position) into the air fryer, spray with nonstick spray. Place the wings on the rack, careful not to overlap. Close the lid. Set temperature to 410°, and set timer for 20 minutes. Turn the wings once during cook time and pour more of the marinade over wings. When cook time is complete, transfer wings onto the Utility Pan. Toss with barbecue sauce, and place the Utility Pan directly onto the rack. Close the lid and cook for 5 minutes more at 410°.

Nutrition Facts

Serving Size: 1/2 of a recipe.

Amount Per Serving	% Daily Value
Calories: 128	6%
Calories from Fat: 60	9%
Total Fat: 7g	11%
Saturated Fat: 1g	5%
Cholesterol: 0mg	0%
Sodium: 343mg	14%
Total Carbohydrates: 16g	5%
Fiber: 2g	8%
Sugars: 11g	
Protein: 2g	4%
Vitamin A:	0%
Vitamin C:	18%
Calcium:	1%
Iron:	1%

Crunchy Onion Straws

Servings: 4

Ingredients

1 large sweet onion sliced very thin
large bowl of ice water
1 cup self-rising flour
1 teaspoon salt
½ teaspoon pepper
1 teaspoon paprika
½ teaspoon garlic powder
canola spray

Directions

Let the onions soak in the ice water for at least 10 minutes.
In a large bowl, mix the flour with salt, pepper, paprika and garlic powder. Place the Dual Rack (in high position) into air fryer.
Using a pair of tongs, remove the onions from the ice water and toss in the seasoned flour. Shake all excess flour off and place an even row of onions on the rack. Do not over crowd. Evenly spray the onions with canola spray.
Close the lid. Set the temperature to 410°, and set timer for 14 minutes.
After 7 minutes, turn the onions and spray again with oil.

These go great on salads, burgers and chicken sandwiches!

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 103	5%
Calories from Fat: 0	0%
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 990mg	41%
Total Carbohydrates: 23g	8%
Fiber: 0g	0%
Sugars: 0g	
Protein: 3g	5%
Vitamin A:	10%
Vitamin C:	0%
Calcium:	6%
Iron:	6%

Fried Chicken Tenders

Servings: 4

Ingredients

1 pound chicken tenders
1 tablespoon melted butter
1 cup cracker meal
½ teaspoon salt
¼ teaspoon cracked black pepper
1 teaspoon thyme
½ teaspoon paprika
optional: sprayer filled with olive oil

Directions

In a shallow glass baking dish, combine cracker meal, salt, cracked black pepper, thyme, and paprika.

Brush tenders with melted butter and roll in cracker meal mix, pressing slightly to coat.

Place chicken tenders in Rectangle Rotary Basket.

Secure the Rectangle Rotary Basket into the air fryer.

Spritz chicken with olive oil.

Close the lid. Set the temperature to 410°, and set timer for 20 minutes.

Press the "Rotation" function.

Press the "On" button.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 77	4%
Calories from Fat: 12	2%
Total Fat: 1g	2%
Saturated Fat: 0g	0%
Cholesterol: 25mg	8%
Sodium: 445mg	19%
Total Carbohydrates: 1g	0%
Fiber: 0g	0%
Sugars: 0g	
Protein: 15g	27%
Vitamin A:	5%
Vitamin C:	0%
Calcium:	0%
Iron:	0%

Stuffed Mushrooms with Crabmeat

Servings: 4

Ingredients

8 ounces mushrooms, stems removed, cleaned
1 cup cooked crabmeat
2 tablespoons panko crumbs (or any other bread crumb)
1 garlic clove, minced
1 tablespoon chopped parsley
½ teaspoon salt
¼ teaspoon cracked black pepper
1 egg
2 tablespoons butter, melted
1 lemon, cut into wedges

Directions

In a medium mixing bowl, combine crabmeat, bread crumbs, garlic, parsley, salt, and pepper. Mix in egg and butter.
Stuff each mushroom with crabmeat mixture.
Place the Dual Rack (in high position) into the air fryer.
Place the stuffed mushrooms in the Perforated Pan and place pan onto rack.
Close the lid. Set temperature to 410°, and set timer for 10 minutes.
Press the “On” button.

Serve with lemon wedges.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 98	5%
Calories from Fat: 61	9%
Total Fat: 7g	11%
Saturated Fat: 0g	0%
Cholesterol: 77mg	26%
Sodium: 503mg	21%
Total Carbohydrates: 2g	1%
Fiber: 0g	0%
Sugars: 0g	
Protein: 7g	13%
Vitamin A:	5%
Vitamin C:	1%
Calcium:	1%
Iron:	3%

Shrimp Egg Rolls

Servings: 6

Ingredients

8 large shrimp: cooked, peeled, deveined
4 scallions, sliced
½ head green cabbage, sliced thin
1 ½ teaspoons ground ginger
2 cloves garlic, chopped
¼ teaspoon pepper
¼ cup soy sauce
2 teaspoons sweet chili sauce
12 store bought egg roll wraps
1 tablespoon olive oil for brushing egg rolls

Directions

Heat oil in a large skillet or wok over medium heat. Add scallions, cabbage, ginger, garlic, and pepper. Sauté 3 minutes. Add shrimp, and cook an additional 1 minute.

Add soy sauce and chili sauce, stir to blend. Remove from heat.

Prepare egg rolls: On a clean work surface, lay out one egg roll wrap. Place 2 tablespoons of mixture in center. Fold bottom corner up over filling, fold in the 2 outside corners.

Roll egg roll over to seal. Repeat with remaining egg rolls. Brush finished rolls with olive oil.

Place the Dual Rack (in high position) into the air fryer. Spritz rack with olive oil.

Lay 6 egg rolls on rack.

Close the lid. Set temperature to 410°, and set timer for 20 minutes. Turn halfway through cook time.

Repeat with remaining egg rolls.

Nutrition Facts

Serving Size: 1/6 of a recipe.

Amount Per Serving	% Daily Value
Calories: 96	5%
Calories from Fat: 27	4%
Total Fat: 3g	5%
Saturated Fat: 1g	5%
Cholesterol: 9mg	3%
Sodium: 616mg	26%
Total Carbohydrates: 13g	4%
Fiber: 2g	8%
Sugars: 3g	
Protein: 5g	9%
Vitamin A:	2%
Vitamin C:	47%
Calcium:	4%
Iron:	3%

Sugar Pecans

Servings: 4

Ingredients

½ cup (1 stick) butter, melted
3 large egg whites
1 cup sugar
1 teaspoon ground cinnamon
4 cups pecan halves
parchment paper

Directions

Line the Utility Pan with a sheet of parchment paper. Pour the butter onto the lined pan.

Place the Dual Rack (in high position) into the air fryer.

In a large bowl, mix the egg whites, sugar and cinnamon. Add the pecan halves and toss until they are fully coated.

Spread the pecan mixture onto the Utility Pan, and place pan onto rack.

Close the lid. Set the temperature to 360°, and set timer for 30 minutes.

Cook for 30 minutes, stirring the pecans every 10 minutes.

Let cool for 10 to 15 minutes before serving.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 1071	54%
Calories from Fat: 807	121%
Total Fat: 93g	143%
Saturated Fat: 5g	25%
Cholesterol: 60mg	20%
Sodium: 221mg	9%
Total Carbohydrates: 63g	21%
Fiber: 11g	44%
Sugars: 48g	
Protein: 13g	24%
Vitamin A:	23%
Vitamin C:	0%
Calcium:	7%
Iron:	14%

Potato Skins

Servings: 4

Ingredients

6 medium Yukon gold potatoes	½ cup shredded cheddar
olive oil	⅓ cup sour cream
salt	2 green onions, chopped fine
6 strips of bacon	

Directions

Scrub the potatoes. Rub with olive oil and sprinkle well with salt.

Place the Dual Rack (in high position) into the air fryer. Place the potatoes on the rack.

Secure the lid and set the temperature to 410° and time to 35 minutes.

After 35 minutes, make sure the potatoes give when you squeeze them.

Remove the potatoes from the air fryer, place the bacon strips on the rack, careful not to overlap.

Close the lid. Set the temperature to 410°, and set timer for 5 minutes. You want bacon to be golden brown and cooked through. Depending on the type of bacon you choose, it can vary a minute or two. When bacon is cooked crisp, remove from the air fryer and let bacon cool.

Cut the potatoes in half horizontally and scoop out most of the potato.

Place the potato skins, skin side up on Dual Rack (in high position) and spritz with oil.

Close the lid. Set temperature to 410°, and set timer for 3 minutes.

After 3 minutes, turn the potatoes and spritz again and cook for 3 more minutes. Remove and repeat with remaining potato skins.

Fill each potato with cheddar cheese and crumble a half piece of bacon over each potato.

Place skins back on the rack and cook on 410° until cheese melts well, about 2 minutes.

Repeat with remaining potato skins.

Garnish with sour cream and onions.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 1071	54%
Calories from Fat: 807	121%
Total Fat: 93g	143%
Saturated Fat: 5g	25%
Cholesterol: 60mg	20%
Sodium: 221mg	9%
Total Carbohydrates: 63g	21%
Fiber: 11g	44%
Sugars: 48g	
Protein: 13g	24%
Vitamin A:	23%
Vitamin C:	0%
Calcium:	7%
Iron:	14%

Balsamic Glazed Brussels Sprouts

Servings: 4

Ingredients

10 ounces Brussels sprouts
1 teaspoon salt
1 teaspoon sugar
½ teaspoon pepper
1 tablespoon olive oil
1 small red onion , thinly sliced lengthwise
2 tablespoons balsamic vinegar reduction
optional: pomegranate seeds

Directions

Trim outer leaves and stems from Brussels sprouts, and discard.
Toss the Brussels sprouts with salt, sugar, pepper, onions and oil.
Place sprouts in the Rotary Basket, and close.
Secure basket in the air fryer.
Close the lid. Set temperature to 360°, and set the timer for 15 minutes.
Remove the Brussels sprouts, and drizzle with balsamic reduction.

Optional: sprinkle with pomegranate seeds.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 71	4%
Calories from Fat: 30	4%
Total Fat: 4g	6%
Saturated Fat: 1g	5%
Cholesterol: 0mg	0%
Sodium: 611mg	25%
Total Carbohydrates: 7g	2%
Fiber: 3g	12%
Sugars: 3g	
Protein: 3g	5%
Vitamin A:	5%
Vitamin C:	66%
Calcium:	2%
Iron:	2%

Delicious Rotisserie Chicken

Servings: 4

Ingredients

3-4 pound chicken
1 tablespoon olive oil
½ teaspoon sea salt
¼ teaspoon fresh ground black pepper
½ teaspoon smoked paprika
¼ teaspoon onion salt
¼ teaspoon garlic salt
1 teaspoon honey

Directions

Prepare the chicken for the rotisserie according to the instructions on the following page. After trussing, rub the chicken with olive oil and honey, combine the seasoning and sprinkle liberally over entire chicken. Close the lid. Set temperature to 360°, and set timer to 1 hour. Press the “Rotation” button. Press the “On” button. When cook time is complete, using an instant read thermometer, make sure the thigh joint reads at least 165°. Remove from air fryer and let rest for at least 10 minutes before carving.

Nutrition Facts

Serving Size: 1/4 of a recipe.

Amount Per Serving	% Daily Value
Calories: 245	12%
Calories from Fat: 60	9%
Total Fat: 7g	11%
Saturated Fat: 1g	5%
Cholesterol: 75mg	25%
Sodium: 938mg	39%
Total Carbohydrates: 1g	0%
Fiber: 0g	0%
Sugars: 1g	
Protein: 45g	82%
Vitamin A:	5%
Vitamin C:	0%
Calcium:	0%
Iron:	1%

How to Prepare Your Rotisserie Chicken

Remove the chicken from its packaging. Make sure it is completely thawed if previously frozen.

Check the cavity of the chicken to remove the neck and giblets. Check at the tail end to see if the kidneys have been removed. The kidneys are the dark reddish-colored objects located on the back side of the cavity near the tail. If they have not been removed, use your thumbs or fingers to force them out.

The chicken should then be rinsed thoroughly inside and out with cold water. Pat dry with paper towels.

The chicken needs to be placed on the Rotisserie Shaft so that it is centered and evenly balanced. It must also be held in place by the Rotisserie Forks so it does not move around as it is cooking.

Slide the Rotisserie Shaft through the neck opening of the chicken and out the bottom end. Place the chicken so it is in the center of the shaft.

Keep the shaft running through the center of the chicken and attach the Rotisserie Forks into the breast end. Once in place, secure the Fork on the Rotisserie Shaft by tightening the screw. Then attach the other Fork at the tail end in the same manner. When the forks are attached, the Shaft should be centered through the chicken so that it is evenly balanced. It is important for the chicken to be balanced so that it rotates smoothly on the rotisserie unit.

Make sure the forks are pushed in so they are holding the chicken securely and that the screw on both forks has been tightened.

Cut a length of kitchen twine. Cross the chicken legs and wrap the twine around the legs several times.

Use another piece of twine to wrap around the breast area to hold the wings in close to the body of the chicken.

Finish by rubbing with oil and add any desired seasonings.

Follow the Assembly Instructions (fig. #7: ROTISSERIE FORKS) to place the prepared chicken into the Air Fryer.

Rotisserie Baby Back Ribs

Servings: 1

Ingredients

½ slab baby back ribs
1 tablespoon sweet paprika
1 teaspoon chili powder
1 teaspoon ground cumin
2 teaspoons brown sugar
1 teaspoon kosher salt
½ teaspoon ground black pepper
¼ teaspoon ground white pepper
¼ teaspoon cayenne pepper
optional: BBQ sauce

Directions

Rinse the ribs and pat dry with paper towels.
Combine spices.
Rub spices all over the ribs, and let rest at room temperature for 1 hour.
Spray the Rectangle Rotary Basket well with nonstick spray.
Place the ribs in the basket and secure the top.
Secure the basket into the air fryer.
Close the lid. Set the temperature to 360°, and set the timer for 1 hour.
Press the “Rotation” function.
Press the “On” button.

Nutrition Facts

Serving Size: 1 prepared recipe.

Amount Per Serving	% Daily Value
Calories: 30	2%
Calories from Fat: 0	0%
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 2500mg	104%
Total Carbohydrates: 8g	3%
Fiber: 0g	0%
Sugars: 8g	
Protein: 0g	0%
Vitamin A:	144%
Vitamin C:	0%
Calcium:	0%
Iron:	4%

Rotisserie Cuban Style Pork

Servings: 6

Ingredients

12 medium garlic cloves
1 medium orange (juice and zest)
2 medium limes (juice and zest)
2 tablespoons olive oil
½ tablespoon dried oregano
1 tablespoon kosher salt
1 teaspoon ground cumin
1 teaspoon freshly ground black pepper
4 pound boneless pork loin

Directions

Place all the ingredients (except the pork) in a blender and puree till smooth. Marinate the pork roast for up to 12 hours in the mixture. Insert the Rotisserie Shaft through the pork roast horizontally. Secure each end with the Rotisserie Forks, and tighten screws at each end. Insert the prepared pork loin into the air fryer. Close the lid. Set temperature to 360°, and set timer for 1 hour. Turn on "Rotisserie" Function. Press the "On" button. After 30 minutes, open air fryer and drizzle additional marinade. When cook time is complete, use an instant-read thermometer in the center to make sure roast is 160°. Let rest for at least 15 minutes before carving.

Nutrition Facts

Serving Size: 1/6 of a recipe.

Amount Per Serving	% Daily Value
Calories: 144	7%
Calories from Fat: 71	11%
Total Fat: 8g	12%
Saturated Fat: 2g	10%
Cholesterol: 40mg	13%
Sodium: 1492mg	62%
Total Carbohydrates: 2g	1%
Fiber: 1g	4%
Sugars: 0g	
Protein: 17g	31%
Vitamin A:	0%
Vitamin C:	12%
Calcium:	1%
Iron:	4%

1 Year Limited Warranty

Course Housewares, LLC warrants this Cook's Companion™ product to be free from manufacturer defect for up to 1 year from the original date of purchase. If a defect is found to exist, Course Housewares will, at its option, either repair or replace the product or the defective component, including labor. Replacement will be made with new or rebuilt product or components. This warranty does NOT cover (a) ordinary wear and tear (such as scratches, dents or stains), (b) impact damage or breakage, (c) heat discoloration, minor imperfections and slight color variations which are a normal part of the craftsmanship, (d) improper cleaning methods causing scratches, or (e) any unit that has been tampered with, (f) damages incurred through improper use and care and (g) faulty packaging by you or mishandling by any common carrier. Failure to follow the accompanying Care and Use instructions or commercial use will void this warranty.

Course Housewares' sole obligation and your exclusive remedy under this warranty is limited to repair or replacement, at its option, of the defective product. You will be responsible for any shipping and handling fees. Products returned to us that are not found to be defective in material or workmanship will be returned to you. If your particular product is found defective but is no longer available and cannot be repaired, a comparable product, at our discretion, will be sent as a replacement. This warranty extends only to the product's original purchaser, US residents only and does not cover damage caused by improper use or accidental damage. COURSE HOUSEWARES, LLC., MAKES NO OTHER WARRANTIES, EITHER EXPRESSED OR IMPLIED, REGARDING THE PRODUCT OR RELATING TO ITS QUALITY, PERFORMANCE, MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE, COURSE HOUSEWARES, LLC SHALL NOT BE LIABLE FOR INDIRECT, CONSEQUENTIAL OR SPECIAL DAMAGES WHETHER A CLAIM BASED ON CONTRACT, TORT, WARRANTY OR OTHERWISE, IN NO EVENT WILL LIABILITY EXCEED THE ORIGINAL PURCHASE PRICE OF THE PRODUCT. THE DURATION OF ANY IMPLIED WARRANTY WHATSOEVER, INCLUDING BUT NOT LIMITED TO THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED TO THE DURATION OF THE EXPRESS WARRANTY PROVIDED HEREIN. COURSE HOUSEWARES SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES WHATSOEVER.

Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may have other legal rights, which vary from State to State.

To Process a claim:

Do not return the product to the retailer from which it was purchased. Your retailer has no liability for this warranty. Please contact Course Housewares' customer service department for assistance and to ensure the fastest possible resolution to the problem. Please have your purchase information available to speed this process.

OR

Send your name, physical address, phone number, original purchase receipt and the safely packaged item prepaid to:

Course Housewares, LLC
1715 Lake Drive West
Chanhassen, MN 55317
(866) 325-1659

Return shipping and handling charges may apply.

MADE IN CHINA