



Air Fryer 101

By Coach Nikki from Sweet Savory Freedom

General Safety

Never put anything on top of the air fryer! This will reduce the airflow in to the fryer and potentially burn out your elements!

Best to use the air fryer in an open environment such as a kitchen island or on a dining table because the hot air expelled from the exhaust is very hot and can damage woodwork and other things affected by heat. Never operate an air fryer on your stovetop. All air fryer books will say this, there is potential for damage or injury when doing this.

Do not fill with oil.

READ YOUR INSTRUCTION MANUAL!

What Size Fryer Do I Need?

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There are many types and brands of air fryers on the market. I generally am looking over the reviews on amazon to determine which I think is best. I have 3 air fryers and each is a different style.

Ninja Foodi: this is a pressure cooker air fryer combo. Its really great for saving space but in my opinion doesn't do as well at either function as an appliance designated for pressure cooking or air frying. It does get the job done and work well enough if that's what you have space for. This comes with 2 lids, one for air frying and one for pressure cooking.

Bucket Style: Smaller capacity, mine is 6quarts but still seems pretty small. I end up doing a few batches to make food for my family of 4. It does do the best of all the air fryers at crisping things though!

Gowise/Instant Pot shelf style: Has a much larger capacity and very easy to clean. You can cook different foods on each shelf but you might need to rotate shelves because the top gets done faster than the bottom. This also has a rotisserie function and a basket for spinning fries and things. I did notice that I got much better crisp using the shelves though. This one also has a window and a light so you don't have to stop cooking to look so often.

Which Button or Function To Use

Each air fryer has several different settings. Some can dehydrate, some can bake like a normal oven but all can air fry!

Please refer to your manual for the specific information for your pot.

Tips!

Experiment! Use a food thermometer to check meats for doneness.

Google is your friend! If you are not sure how to cook something in the air fryer, Google it! Google knows!

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Join the THM unofficial Air fryer group! They have some recipes there and Judy Witherby is always experimenting for us!

Figure out what you need! See how much space you have for another kitchen appliance and what size you need for your family!

A good thing to remember about your air fryer is the more food you put in in the longer it will take to cook.

How Much Oil Do I Need?

You actually don't need any oil for your air fryer! You can choose to coat food in butter or coconut oil cooking spray but you do not need to do that. You will still get crisp food, it does brown better though with some kind of oil on it.

The air fryer works by circulating hot air around the food with a convection fan and an electrical heating element (think electric stovetop). The browning effect that occurs is called the Maillard Effect.

What Types Of Recipes To Avoid

I would avoid the obvious-soups. You can try anything!

Benefits

Crispy food without using a deep fryer!

Significantly reduced fat and calories!

You don't have to heat up the entire house to make a smaller meal (or even a large meal!).

Reheats leftovers to restaurant quality!

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Much safer than a deep fryer (reduced risk of burns).

An air fryer also reduces your risk of exposure to Acrylamide which is a toxic chemical caused by cooking foods under high temps.

Disadvantages

Sometimes it is difficult to make large batches of food without running the air fryer a few times.

How to Clean your Air fryer

1. Wash the trays and bucket if you have one by hand
2. Let it cool before you attempt to clean!
3. Do not under any circumstances submerge the electrical components of the machine. You can wipe the outside down with a damp cloth, and the inside can be wiped out with a damp cloth as well, just don't get any of the electrical components wet.

What I've learned - My biggest take-a-ways

- Read the Manual that comes with your air fryer! It is there to help you!
- Lots of Trial & Error, Don't be afraid to experiment!
- Experiment with different recipes and swap out healthy on plan ingredients for things not on plan. (Ex. Swap out honey for sweet blend)
- Veggies are so good in the air fryer, experiment with all kinds and coatings
- THM has promised an Air fryer friendly cookbook in the future!
- Make sure you have enough power supply to run your air fryer (think camping)

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- Bring your air fryer camping and you don't have to miss out on deep fried fish (you can have air fried! Or French fries! You can have sweet potato fries!)

Air Fryer THM Recipes

Trim Healthy Mama Cookbook:

Trim Healthy Table:

Another Cook Book Resource:

Thanks so much for signing up today!