

Air Fryers

This small countertop appliance is similar to a convection oven in that a small fan circulates hot air over and around food at high speeds. They are designed to simulate deep frying without submerging food in oil. The idea is to produce a crispy layer on your favorite foods!

Depending on its capacity, an air fryer can be used to prepare traditionally deep-fried favorites such as french fries and chicken wings, as well as entire turkeys, fried-fish dinners, roasted vegetables and even baked goods. This system combines a heating element within the machine and an exhaust fan to keep the surface of food dry during cooking. The result is a crisp exterior and moist interior that often is associated with deep-frying.

There are many makes and models of this appliance but generally to use an air fryer, food is placed in the wire or mesh basket inside its pullout drawer. Ensure foods are prepared properly and safely by using only pans and cooking vessels designed for air fryer machines.

To prevent sticking and enhance cooking results, first spray or lightly toss food with a small amount of oil. While the basket design allows for a high capacity, packing it with food can increase cooking time and result in a less crispy end product. For best results, space out the food and avoid overfilling the cooking basket.

Preheat the air fryer for three to five minutes before cooking. Since cooking time and temperatures are different for conventional ovens and fryers, use recipes created specifically for air fryer machines.

If you do want to try a traditional recipe, make a few adjustments for air fryer cooking. A good rule of thumb is to decrease the temperature by 25 degrees Fahrenheit when adapting a recipe from deep-frying or roasting. Use a food thermometer to check food for doneness earlier than the recipe recommends. Since air fryers tend to cook at a faster rate than traditional oven baking, check five to 10 minutes before the suggested time to prevent overcooking.