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# Taste of Home Everyday Air Fryer: 100+ Recipes for Weeknight Ease

by  
Taste of Home



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## **Synopsis**

Make the most of the appliance that's changing the way today's families cook with Taste of Home Everyday Air Fryer. This all-new cookbook features 100+ quick dinners, simple snacks and in-a-pinch sweets—all made easy in the air fryer any night of the week. Make the most of the appliance that's changing the way today's families cook with Taste of Home Everyday Air Fryer. This all-new cookbook features 100+ quick dinners, simple snacks and in-a-pinch sweets—all made easy in the air fryer any night of the week. Looking for crispy fried chicken without all the fat? Taquitos and wontons you can air-fry when a snack attack strikes? You also get side dishes that free up the range, kid-pleasing bites and fresh-baked treats for lazy mornings. Air fry all of these family favorites and more without the mess, time, fat or worry. It's a snap with the brand-new Everyday Air Fryer.

## **Sort review**

About the Author Taste of Home is the leading multi-platform producer of information on food, cooking and entertaining, serving home cooks engaging media that capture the joy and comfort received from food made with love. Taste of Home magazine has a circulation of 2.5 million and publishes top-selling bookazines; newsstand specials; and popular cookbooks. -- This text refers to the paperback edition.

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## Look inside the book

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SAY GOODBYE TO YOUR DEEP FRYER, AND PREPARE THE CRISPIEST, CRUNCHIEST, TASTIEST “UNFRIED” FOODS EVER. LET THIS BOOK BE YOUR GUIDE. Do you love kitchen gadgets? If the answer is yes, chances are you have an air fryer. These small but mighty countertop appliances have been around for about a decade, but they’ve recently picked up steam for their ability to “fry” foods with little to no oil. If you’re new to this method of “frying” food, fear not. Now you can cook with confidence with the 112 delicious air-fried recipes inside Taste of Home Everyday Air Fryer. With this brand-new cookbook in hand, it’s never been easier to lighten some of your favorite comfort foods. That’s because the air method practically eliminates the need for oil, leaving you with crispy chicken tenders, breaded fish fillets, toasted ravioli, onion rings, potato chips and other fun foods, all without the unpleasant mess or excess fat of deep-fat frying. But this appliance isn’t just for creating a healthier alternative to cooking traditionally deep-fried foods. You can also make other tried-and-true favorites with this cool tool. Cook up a juicy air-fryer steak. Start your Saturday morning with a batch of sizzling bacon. Or satisfy your sweet tooth by air-frying chocolate chip cookies. Air-fryer aficionados know this kitchen tool is good for more than making recipes from scratch. It’s also awesome for reheating foods like french fries and other takeout faves. Put it to work cooking frozen foods—from mozzarella sticks to chicken wings—in a flash. The creative possibilities are endless! WHAT OUR TESTING REVEALED Our Test Kitchen tested recipes using six different air-fryer models. We discovered cook times can vary dramatically across different brands. To accommodate this variance, the recipes in this book have a wider than normal range of suggested cook times. Begin checking the food at the first time listed in the recipe and adjust as needed. HOW DOES IT WORK? An air fryer is basically a mini countertop convection oven. The food goes into a basket (similar to the one you’d use in a deep fryer), but instead of hot oil, the food is blasted with hot air to create that crunchy texture everyone craves. Because of its small size, air fryers heat up fast. An air fryer is ready to cook after about three minutes of heating. The main unit holds a heating coil and a fan, and food is placed in the removable fryer basket below. Hot air rushes down and around the food in the basket. This rapid circulation makes the food crisp, as deep-frying does, with little or no added oil. Some air fryers have digital screens with the setting options; others have simple time and temperature dials. Choose the style you are most comfortable using. Some air fryers can perform additional functions besides air-frying. These models are often more expensive and larger in size. Choose the one that best suits your needs. Many models are sized to cook for one or two people. Some have a larger capacity, allowing you to cook for up to four people at a time. With a smaller appliance, you have to cook in batches, so be sure to account for that in your planning. Read the instruction manual before getting started. Remove all packing materials and tape from both

outside and inside the appliance. Look up into the heating element (see photos here) to make sure no stray material is lodged in the coil or fan. This can cause the appliance to smoke. Thoroughly wipe down the heating coil before the first use to remove any residue.

**COOK LIKE A PRO** Verify the temperature, as it will vary among models, just as it does with ovens. Test your air fryer before using to see if it runs above or below the selected temperature setting. Allow plenty of room. Cook food in a single layer, with room for air to circulate. For crispy results, don't forget to flip, rotate or shake the basket's contents halfway through cooking. Use a thermometer when cooking meat. Air-fried meats brown nicely, so it may look done before reaching an appropriate temperature on the inside.

**HOW TO CLEAN YOUR AIR FRYER**

**AIR-FRYER PARTS**

A. Heating coil (also shown bottom right)  
B. Fan (inside unit)  
C. Basket  
D. Maximum fill line  
E. Temperature setting  
F. Time setting  
G. Power  
H. Basket release

**Basket:** The basket, its holder and any dividing compartments that came with your air fryer are dishwasher safe. After each use, allow the air fryer to cool. Remove the cooled basket, tray and pan, and wash them as you would any other dish.

**Exterior:** When it comes to cleaning the outside of an air fryer, a simple soapy wipe-down will do. Unplug the appliance and gently wipe with a damp cloth. That's it!

**Heating Coil:** If there is oil or residue on the heating coil, let the unplugged machine cool, then wipe the coil with a damp cloth—just as you would with the heating element on an electric stove.

**Unexpected Mess?** If your cooking project was a bit messier than usual or the machine has developed an odd odor, your air fryer may require a deeper cleaning.

**HERE'S WHAT THE BUTTONS ON YOUR AIR FRYER ACTUALLY MEAN**

Thanks to the weeknight-changing magic of air fryers, you can serve up a meal in minutes. Plus, you can cook almost everything in this gadget—from cheesy breakfast egg rolls to a plate of Nashville hot chicken. It's basically a home cook's dream come true. The best reason to jump on the air-fryer bandwagon is the intuitiveness of the most popular models. To help you become an air-fryer pro, we're breaking down the buttons and functions you'll find on most of the handy ovens. Use this helpful guide to master the air fryer's most common functions.

**|| Button** The "Cook / Pause" button is one you'll find on compact models like this. This important button allows you to pause cooking so you can turn food (say, chicken wings or fish fillets) to ensure everything is cooked all the way through. It also lets you shake the contents of the basket (fries, broccoli, Tater Tots, etc.) to achieve maximum crispiness. Use this button to check the temperature for doneness when cooking meat, poultry or fish.

**-/+ Button** Look for single or dual -/+ buttons to adjust time and temperature. On many popular models, there is a button to shift from time or temperature to adjust both. On models without an LCD screen, the -/+ buttons are replaced by knobs or dials.

**Keep Warm** Many home cooks use the air fryer like a second oven, cooking up a tasty appetizer or side dish to go along with the entree baking away in the actual oven. This "Keep Warm" function does exactly that for a set amount of time—usually 30 minutes.

**Food Presets** You may own an air fryer with buttons for certain foods, including frozen french fries, chicken or fish. If you're an air-fryer newbie, they can certainly give you an idea of what to cook in your new machine! The presets give you the ability to cook whatever you want without second-guessing because the temperature and time are already set. Before setting and forgetting, it's helpful to check out your machine's manual. Every preset is set for a specific amount of food in grams, so for a double serving of chicken—or a smaller amount of frozen fries—you will need to adjust for time.

**Roast or Broil** The option to roast vegetables or brown meat in an air fryer is becoming more common with larger air-fryer models. Use the Roast setting when you're ready to place a marinated piece of meat—let's say a beef chuck roast—into the air-fryer basket. In a conventional oven, you would typically brown the meat before baking. With an air fryer, you can skip that step. The constant flow of hot air

creates a gorgeous, caramelized exterior on its own. Just remember to flip the meat and/or vegetables halfway through. Check the interior temps to know when it's ready to take out, too.

**Dehydrate** Dehydrating typically can be done in an air fryer, with food placed on an air-fryer rack. With the Dehydrate option, you can create your own dried fruit or beef jerky right at home! This preset option cooks and dries food using a lower temperature for hours.

**AIR-FRYER COOKING TIPS** New to air-frying? Here are a few secrets for success.

**Check the temperature.** Just like with full-size ovens, temperatures may vary among air-fryer models. Test your air fryer to see if it runs above or below the selected temperature setting. You'll want the fryer nice and hot for those air-fried eggplant fries.

**Know your air fryer's cooking times.** Since air-fryer temperatures vary, so do cook times. That's why our air-fryer recipes have wider time ranges. To find cooking times for your air fryer, you'll need to experiment. Start checking the food at the shortest time, and check back a little later if it's not done.

**Give it a shake (or a flip).** To help food crisp, always turn, rotate or shake contents in the air-fryer basket (just like flipping french fries, fish fillets or chicken strips when cooking in a traditional oven).

**Cook food in a single layer for best results.** Allow plenty of air circulation to get even cooking and crispy results. One exception where you can stack and pack foods is if you're roasting veggie side dishes in the air fryer. For instance, you can load the basket with a pound of Brussels sprouts and roast them at 350° for 12-15 minutes, stirring once.

**Seeing smoke? Here's what to do.** Don't panic. Simply unplug the air fryer and remove the food basket. Make sure no food is lodged in the heating coil. Return food to the air fryer and continue cooking. If smoke persists, there may be oil or residue on the heating element. Unplug the machine, cool, and then wipe the coil clean with a damp cloth, just like the heating coil on an electric stove. In the future, make sure to clean your air fryer regularly.

**Use a thermometer when cooking meat.** Food can brown nicely on the outside before reaching an appropriate temperature on the inside, so check the temp with a thermometer for food safety. The same goes for previously frozen foods and fresh ones, as well.

**Bake up a little treat.** Yes, you can bake homemade cookies—and other treats—in the air fryer! All it takes is a few minutes and chilled dough on stand-by. Models differ in their "baking" functions, so test just one or two cookies first. You may need to adjust the temperature or cooking time.

**Take advantage of it when cooking for one or two.** Air fryers are small, making them great when you're cooking a low-yield meal. Any more than that, and you may have to cook in batches.

**11 COMMON AIR-FRYER MISTAKES** They promise low-fat cooking with extra-crispy results, but if you don't use your air fryer properly, results may be less than dazzling.

**Too much stuff on the counter.** It might be small—and mighty—but air fryers need their space. That's because these mini ovens rely on a constant flow of air to move the high-temp heat around the food for all-over crispness. Make sure your air fryer has at least 5 inches of space on all sides. And keep it on a stable surface, so the vibration won't send it tumbling onto the floor.

**Not preheating the air fryer.** Like an oven, an air fryer needs to be hot to properly cook the moment the door shuts. If it's too cold, the final food may suffer. Check your recipe's suggested temperature before getting started. Go ahead and turn the air fryer on, so it is plenty hot when you're ready to use it. It won't take long—that small space can reach the right temperature in under five minutes.

**Using too much oil.** Most air fryers call for only a teaspoon or two of oil. If too much is added, you won't get the results you're looking for. Remember that an air fryer is not a deep fryer. But it achieves similar results by circulating very hot air around food as it bakes.

**Not using any oil.** You can have too much oil—and you can have too little. Most recipes will recommend the amount that's right for that dish, but when in doubt, give your food a quick spritz. Oil is a great medium to transfer heat. Spritzing a little bit of nonstick oil spray will help the food get crisp and brown.

**The foods are too wet.** Deep fryers can expel moisture from foods

like batters, but an air fryer isn't capable of that. Don't put limp, wet veggies in an air fryer, as they will not crisp up properly. Instead, use your air fryer to quickly crisp already breaded or crunchy foods, such as breaded chicken tenders or Brussels sprouts. The foods are too light. An air fryer's moving air means lighter foods could float and fly around inside the appliance. You don't want something lightweight like spinach, as it starts to fry, to get caught in the heating coil and start to burn. Too much food in the basket. The machine needs air around it, and the food does, too. If you overcrowd the basket, the food won't have enough exposed surface area. Where the hot air meets the surface of the food and any oil is where the cooking (and flavor) happens. Because air fryers cook quickly, you can cook in small batches—and that will ensure each piece has the best possible flavor and texture. The food is too small. Food that is too small could slip right through the slots in the air-fryer basket and fall onto a heating element. The pieces will burn quickly, which could fill your food—and your kitchen—with fumes and smoke. Keep all of your ingredients about the size of a Brussels sprout. When in doubt, drop the food in the basket and give it a shake over the sink. If anything slips out, don't put it in the air fryer. Fatty foods drip. You might have purchased an air fryer to complement a lower-fat eating plan, but you can also use it to fry up high-fat favorites like burgers, sausages and bacon. Before you hit the start button, make sure you put water in the bottom of the cavity under the frying basket. This way, when fat drips onto the hot surface, it will hit water—not hot metal—preventing fat from burning and creating a smoky mess. Cooking in the air fryer without cleaning it. A dirty air fryer can be dangerous for your stomach and your nose. There's a much higher risk of food contamination if you do not clean your air fryer between uses.

CHAPTER 1 SNACKS & APPETIZER Everyone loves the opportunity to sample different and delicious foods at parties and gatherings. With your air fryer, it's never been easier to serve up classic appetizers and finger foods with less fat and fewer calories than their oil-immersed counterparts. Check out these tasty recipes for chicken wings, roll-ups, meatballs and more.

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### **What people say about this book**

Renee, "The absolute best!!!!. I absolutely LOVE this air fryer cookbook! You can never go wrong with Taste of Home! Pictures of every single recipe. Very easy recipes to make. Very normal ingredients and dishes for me to make that I don't need to go to culinary school to know what it's talking about. This book is just perfect for anyone with an air fryer! Simple recipes. And did I mention... pictures of every single recipe! This is a must have book!!"

kate, "Great Recipes!. Almost every recipe I tried was really good!!Love the Pictures with Every Recipe! Bought another Air Fryer cookbook with no pictures at the same time. Haven't made one thing in it yet."

Cruise puppy, "Wonderful Cookbook. I ordered two cookbooks to go with my new air fryer, but I love this one BEST! As in all things done by Taste of Home, the recipes are clearly written, easy to follow, delicious and there are full-page color pictures of each one! It's a fun, beautiful book to look at and a tasty one to eat from! Highly recommend!"

Maureen, "AWESOME. A wide variety of recipies and beautiful pictures of every recipe. The illustrations give you ideas of your own. There are a variety of categories. This is a must have."

VTMOM, "Great pictures. Love this recipe book. Easy to read recipes and pictures. I would recommend this"

joanne g marien, "Decent starter book for air fryer. Good starter for newbies with air fryers. Index lists by recipe name so difficult to use. But there are pictures for those who like that."

Ebook Tops Reader, "Good little starter book. Good variety"

The book by Taste of Home has a rating of 5 out of 4.5. 804 people have provided feedback.

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