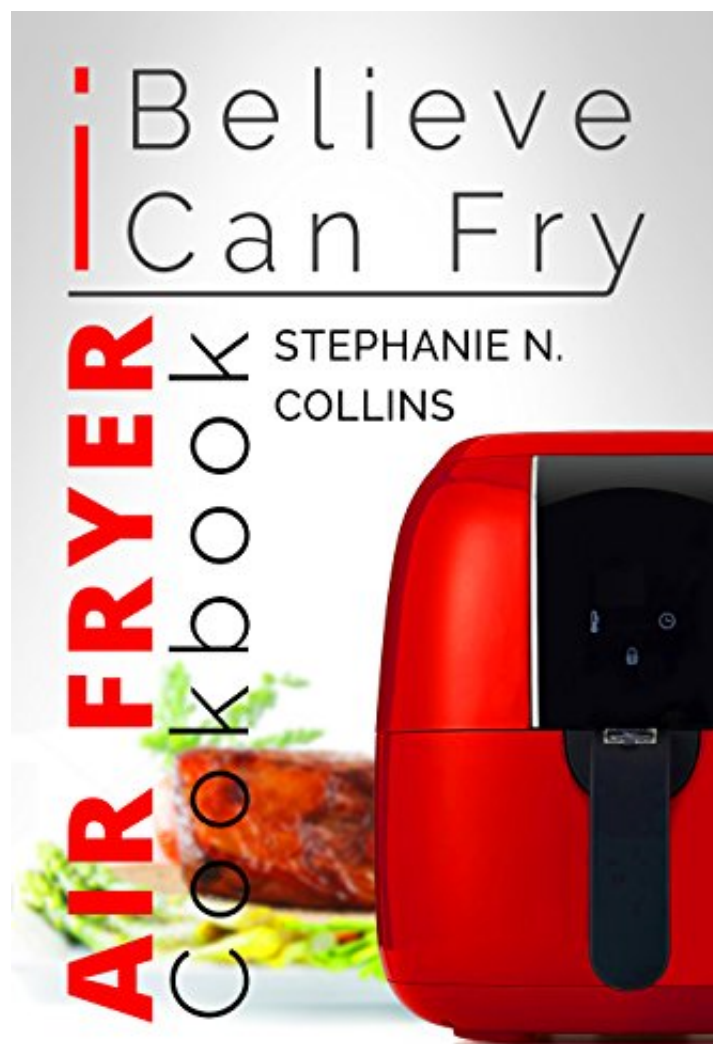


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Air Fryer Cookbook: I Believe I Can Fry: Air Fryer Recipes with Serving Sizes, Nutritional Information and Pictures (Includes Paleo, Low Oil, Tasty and Healthy Meals & Snacks)

by
Will Budiaman



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Synopsis

Love crunchy fried food but hate the excess oils and fat? It's time to cook with an air fryer! If losing weight or simply eating a healthier diet is important to you, an air fryer is an excellent way to reduce a massive amount of fat and calories without sacrificing on taste. With little or no oil at all, you can cook your favorite fried food in no time. You can even conveniently bake, roast, and grill food in an air fryer. Never say no to fried food again. This book is full of healthy and delicious recipes with pictures you will like to try. They all contain detailed nutritional information outlining calories, fat, sodium, and sugar in each dish. Try out these delicious dishes and you will definitely not be able to resist fried foods again! Cooking measures and units of temperature are both understandable for US.

Sort review

From the Inside Flap With this extraordinary book, you can learn how to cross junk food and expensive store-bought snacks off your family's shopping list--and add to your cupboard homemade, preservative-free fruit leathers, candied apricots, beef (and fish) jerkies, 'sun' dried tomatoes, corn chips, banana chips, and so much more! --This text refers to an alternate kindle_edition edition. Excerpt. © Reprinted by permission. All rights reserved. Mary Bell's Comp Dehydrator Cookbook By Mary Bell HarperCollins Publishers, Inc. Copyright © 2006 Mary Bell All right reserved. Chapter One A Brief History of Food Drying Food dehydration is the world's oldest method of food preservation. Think for a moment: Before refrigerators and freezers how did people preserve food? For the most part, they dried it. Today we are living in a time of canned this, frozen that, irradiated something else. Canning, which is another way to preserve and store food, is only about two hundred years old. Both the canning and freezing of food rose to popularity during the early 1900s, when electricity became more and more available to people, no matter where they lived. However, ignored until recently was the age-old process of drying food as a method of storing it. Centuries past, people in the Near East preserved fruit by wrapping it in dried palm leaves and burying it in hot sand to dry. Only a century or so ago, people in the Arctic created caches of surplus "freeze dried" walrus meat by piling stones on top of their treasure to keep predators from devouring it. Native Americans in northern parts of the United States used smoke (dry circulating air) from a fire to dry meat, herbs, vegetables, or fish. Indians in Peru dried potatoes (and do to this day) by first freezing them overnight outdoors, then trampling them the next day while the potatoes thawed, thus squeezing out the water remaining in them. Then, they air-dried the potatoes until crisp enough to store. Almost everywhere in the world, people have utilized some food-drying method in order to save food from one season to the next, be it hay or corn or seal meat or apples. Why did people dry food? Quite simply, because fresh food was not always available. Without dried foods, a nomadic lifestyle would have been impossible. The sun and wind, or the smoke from a fire, provided the means to remove water from grains, meat, fruits, and herbs; thus were they preserved from one season to the next. However, success in drying food depended upon choosing the right days on which to dry it, luck, and more than a little ingenuity. The elements were unpredictable. Food that was left to dry in open fields, for example, could be gone in a flash: It could rain, insects might infest it, wild animals and birds might help themselves. Over time, people in different cultures perfected drying wild and cultivated foods. The Greeks and Romans dried peas and grapes successfully. The Persians learned how to preserve dates, and apricots, and melons. The Chinese and Japanese, clever at the art of food preservation, cured fish and sea

vegetables. Mongolian explorers, en route to Europe, packed bundles of dried milk products to sustain them on their long journey. In our own country, early settlers, observing the practice of sun-drying food by Native Americans in the northern regions, learned to dry many varieties of corn, squash, and herbs, plus buffalo meat and venison as they pioneered west. In the United States, during the nineteenth century, many housewives preserved fruits in sugar, vegetables and nuts in salt, fruits and vegetables in brine. Dried food was a traditional alternative to fresh food, but before the age of glass canning jars and self-sealing zinc jar lids, which were not patented until 1858, food was likely to be stored in stone or earthenware crocks, tin cans, and glass containers. Sealing wax, beeswax, corks, and even putty were sometimes used to seal the lids. Throughout history, dried meats and fish have provided lifesustaining protein for people around the world. Our ancestors dried meats and kept them year after year, without benefit of refrigeration. Meats and fish, in fact, were the foods most commonly dried. The irony of this is that fish is one of the most difficult types of food to dry because of the potential for bacterial growth in the raw product. Historically, meat, like fish, was pretreated in a dry salt cure or a brine solution, the salt serving to draw water out of the food. Lastly, meats and fish were also smoked. Many foods today would not be part of the world's cuisines were it not for people having figured out how to dry and thus preserve them. How different Chinese, Japanese, Thai, and other Asian cuisines would be without dried fish, shellfish, or sea vegetables, including seaweed. Over centuries of experimenting, Asian peoples found that many foods when dried had intriguing flavors and textures that they did not have when eaten fresh. For instance, the Chinese enjoy fresh sea scallops in cooking, but even their delicacy cannot be compared to the exquisite taste of a dried scallop. Flowers, too, like lily buds, are eaten fresh in the Orient but more commonly are dried, as are fungi, such as tree ears. Some items, such as shark's fin and sea slug, are more prized (and more expensive) in dried form than fresh. The Chinese lay claim to being the first to cure pork products -- ham, bacon, and sausage -- calling ham huo-fu, or fire-dried meat. Actually, the word refers to any meat that is cured by having first been soaked in a soy sauce marinade, then dried over a slow fire. The Chinese treated bacon in the same way. To this day, strips of cured pork belly, dark golden in color, hang in Chinese meat markets. Modern Times

The twentieth century has transformed food drying into a science -- food dehydration -- and its success no longer rests upon luck or happenstance. Today, advanced technology can provide constant, thermostatically controlled heat and a consistent air flow to dry an extraordinary range of foodstuffs. In 1943, in the United States, there were more than 139 vegetable-drying plants in operation, producing more than 115 million pounds of dried food per year. In 1944, during the war, more than 375 million pounds of dried potatoes and 76 million pounds of dried vegetables were produced. In 1970, there were 18 fruitdrying plants alone for raisins, 307 plants for prunes, and 11 for apples. . . .Continues...Excerpted from Mary Bell's Comp Dehydrator Cookbook by Mary Bell Copyright © 2006 by Mary Bell. Excerpted by permission. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher. Excerpts are provided by Dial-A-Book Inc. solely for the personal use of visitors to this web site. --This text refers to an alternate kindle_edition edition. About the Author Mary Bell has spent more than twenty years traveling around the country demonstrating food dehydrators and food drying techniques. When not on the road, she divides her time between Madison, Wisconsin, and Lanesboro, Minnesota, where she and her husband work at the Forest Resource Center, an environmental education facility. She is a graduate of the University of Wisconsin and holds a master's degree from Saint Mary's College. --This text refers to an alternate kindle_edition edition. From the Back Cover With this extraordinary book, you can learn how to cross junk food and expensive store-

bought snacks off your family's shopping list--and add to your cupboard homemade, preservative-free fruit leathers, candied apricots, beef (and fish) jerkies, 'sun' dried tomatoes, corn chips, banana chips, and so much more! --This text refers to an alternate kindle_edition edition. Read more

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Look inside the book

Air Fryer Cookbook: I Believe I Can FryByStephanie N. CollinsTable of ContentsIntroductionChapter 1: BreakfastFrench Toast SticksBreakfast BurritoCheesy Bacon and Egg Muffin SandwichPerfectly Toasted BagelsAir fryer FrittataBaked EggsChapter 2: Side DishesCheesy Potato CroquettesCheesy Broccoli and CauliflowerTomatoes with Garlic and HerbsHome-Fried PotatoesChapter 3: Main CoursesRoasted Crispy Pork BellyFish and ChipsSausages with spiced butterbean and tomato ratatouilleSalmon and Creamy ZucchiniRoast BeefMini Lamb Rump RoastJacked PotatoesTender Salmon FishHoney Chicken WingsBacon BoatsGarlic Pasta with BroccoliBaby Spinach Omelette with Ham and CheeseHerb-Coated Tilapia with LemonCreamy Potato GratinHoney Mustard Turkey DrumstickGarlic Chicken Kiev BallsMeatballs in Tomato SauceStuffed PeppersChapter 4: DessertsChocolate Cherry Afternoon Tea Pound CakeBrowniesApple Pie Phyllo PastriesChocolate MuffinsBritish Victoria SpongeCoconut – Honey Fried PineappleApple CrumbleLemon Sponge with Meringue Frosting and Candied LemonsAir Fryer Blueberry MuffinsApple RosesSmartie CookiesCitrus Olive Oil CakeCinnamon ChurrosPalmiers or Elephant Ears CookiesCottage Cheese Muffins with Chocolate and CherriesAlmond CookiesYorkshire PuddingsButter CakeChapter 5: SnacksAvocado FriesTuna PattiesApple Pie Egg RollsBuffalo Chicken WingsAir Fryer FriesCoconut ShrimpStuffed Mushrooms and Sour CreamSugar – Cinnamon DoughnutsCrispy Kale ChipsOnion RingsCorn Tortilla ChipsMozzarella Cheese SticksHealthy and Tasty Banana ChipsRoasted PeanutsConclusionIntroductionEveryone enjoys fried food but nobody enjoys the extra fat and calories that come from deep-frying. Just thinking about French fries, battered chicken, onion rings, fish and chips, donuts, chips, and more will make anyone crave. Just thinking about them and how they are deep-fried in lots of oil will make anyone’s arteries clog, too. Hence, even though we all love fried food, we can’t eat to our heart’s content for health reasons. In fact, some of us may avoid fried food all together because of dietary restrictions. Our love for fried food is out of the list and all we can do is crave. Isn’t that tragic?But Air fryer is here to our rescue. We can now eat to our heart’s content without the fear that our arteries will clog with too much oil and fat.What is an air fryer?It’s a small gadget that you will definitely love to have in your kitchen.You can cook fried food from all directions by fast-circulating hot air. More than that, you can also grill, roast, and bake food using an air fryer. You can even make brownies and cakes with an air fryer. Because of the unique rapid air technology, it’ll cook the food crispy on the outside and soft and tender on the inside.What are the benefits of air frying?Aside from the obvious health benefits of cooking food with up to 80 percent less fat than deep-frying, here are more perks of air frying.Convenient – An air fryer has a temperature control and timer setting. You don’t have to constantly watch what you’re cooking. Just set the temperature and the time it needs to cook your food and wait for the timer to beep.You can even check the progress of your food without messing up the cooking time. When you slide out the basket, the air fryer will pause the cooking time. Once you slide the basket back in, the cooking time will resume.The timer will also automatically switch off when the timer goes off to prevent overcooking and burning.Some air fryers also include a food separator that will allow you to prepare multiple fried dishes at once.You don’t have to worry about the dripping grease from the food too. The air fryer is equipped with a pan that will catch the oil from your air fried food.Fast and Quick – The air fryer will instantly heat up once you power it on. It will take as little as 3-5 minutes to preheat an air fryer for your cooking needs. If you are cooking from an unheated air fryer, just add three minutes to the cooking time of the dish you are making.Easy

Cleaning – Air fryers are made of non-stick material which prevents food from sticking to surfaces. All the parts are also removable, such as the basket, pan, grill, and they are dishwasher friendly too. If you love fried food, then you will definitely love air fryers. Are you ready to begin a love affair with delicious and healthy air fried food? Try out these delicious dishes and you will definitely not be able to resist fried foods again. So, let's get started with some good & healthy eating. Bon appetit and happy airfrying!

Chapter 1: Breakfast

French Toast Sticks

Photo by Yasmina Haryono
Serves: 2
Prep: 5 minutes
Cook: 12 minutes
Ingredients: 4 slices bread, your preferred kind and thickness, 2 tablespoons butter, softened, for buttering the bread (or margarine), 2 eggs, beaten gently, Cinnamon, Ground cloves, Icing sugar or maple syrup, for garnish and serving, Nutmeg, Salt

Directions: Preheat the air fryer to 180°C (355°F). In a bowl, gently beat two eggs with a sprinkle of salt, a couple heavy shakes of cinnamon, and small pinches of ground cloves and nutmeg. Butter both sides of the slices of bread and then cut into strips. Dredge each strip in the egg mix and then arrange in the air fryer basket; you will need to cook these in two batches. Cook for 2 minutes. After toasting, pause the air fryer, take out the pan and place on a heatproof surface, spray the bread in the basket with cooking spray, generously coating the strips. Flip and then coat the other side of the strips. Return the basket to the fryer, cook for another 4 minutes, check after a couple of minutes to make sure the strips are not evenly cooking and not burning. When the egg is cooked and the bread is golden brown, remove the toast strips from the air fryer and serve immediately. To serve, sprinkle the strips with icing sugar, top with whip cream and then drizzle with maple syrup. Or, you can serve with a small bowl of syrup for dripping.

Nutrition Facts
Serving Size 77g. Amount per Serving: Calories 214, Calories from Fat 149, Total Fat 16.6g, Saturated Fat 8.8g, Trans Fat 0.0g, Cholesterol 194mg, Sodium 344mg, Potassium 83mg, Total Carbohydrates 9.7g, Dietary Fibre 0.6g, Sugars 1.2g, Protein 7.1g, Vitamin A 11%, Vitamin C 0%, Calcium 6%, Iron 8%.

Breakfast Burrito

Photo by Annie
Serves: 1
Prep: 10 minutes
Cook: 8 minutes
Ingredients: 3-4 slices turkey breast (or chicken), 2 eggs, 2 tablespoons salsa, 1/2 cup mozzarella cheese, grated, 1/4 red bell pepper, sliced, 1/4 avocado, sliced, Pinch salt and pepper, Tortilla

Directions: In a small-sized bowl, beat 2 eggs; season with salt and pepper to taste. Pour the egg mix into a shallow, small-sized non-stick tin or pan that will fit into the air fryer basket. Put the tin/pan in the air fryer basket; cook at 200°C (390°F) for 5 minutes. Remove the tin/pan carefully from the basket and remove the egg from the pan. Fill the tortilla with the egg, sliced turkey/breast, red pepper, cheese, avocado and salsa, wrap the ingredients with the tortilla, making sure that it's not over-stuffed. Line the air fryer basket with tin foil; put the burrito on top of the foil. Heat the burrito in the air fryer for 180°C (355°F) for 3 minutes or until the cheese melts and the tortilla becomes nice and toasty. Serve with salsa; enjoy!

Nutrition Facts
Serving Size 447g. Amount per Serving: Calories 666, Total Fat 30.5g, Saturated Fat 8.7g, Trans Fat 0.0g, Cholesterol 488mg, Sodium 499mg, Potassium 1191mg, Total Carbohydrates 19.7g, Dietary Fibre 6.0g, Sugars 3.4g, Protein 76.7g, Vitamin A 31%, Vitamin C 73%, Calcium 9%, Iron 131%.

Cheesy Bacon and Egg Muffin Sandwich

Serves: 1
Prep: 5 minutes
Cook: 6 minutes
Ingredients: 1 English muffin, pinch salt and pepper, 1 slice cheese, 1 egg, 1 bacon

Directions: Crack the egg into a small ramekin; season with salt and pepper. Slice the muffins into halves. Place the cheese on the muffin bottom half, making sure that the cheese doesn't spill on the edge of the muffin. Put the ramekin with the eggs in the top left quadrant of the fryer. Put the muffin halves into the fryer, placing them in the bottom left and right quadrant of the fryer. Add the bacon in the top right quadrant of the fryer. Set the temperature of the air fryer to 200°C (390°F) and timer for 6 minutes. After air frying, assemble the sandwich.

Nutrition Facts
Serving Size 148g. Amount per Serving: Calories 408, Calories from Fat 203, Total Fat 22.6g, Saturated Fat 10.3g, Trans Fat

0.0g, Cholesterol 214mg, Sodium 917mg, Potassium 257mg, Total Carbohydrates 26.2g, Dietary Fibre 2.0g, Sugars 2.5g, Protein 24.6g, Vitamin A 10%, Vitamin C 2%, Calcium 32%, Iron 20%. Perfectly Toasted Bagels Photo by S G Serves: 1 Prep: 2 minutes Cook: 6 minutes Ingredients: 1 Bagel 1 teaspoon butter or ghee Directions: Slice the bagel into halves; put the bagel halves in the air fryer. Set the air fryer temperature to 190°C (375F); bake for 3 minutes. Remove the toasted bagel from the air fryer; spread a thin layer of butter on each bagel halves. Return the bagel back into the air fryer; bake/toast for 3 minutes more. Remove the bagel, spread with more butter. Enjoy! Notes: This cooking method is great for toasts too; just bake/toast for 2 minutes for each step. I used a 3.7 quart air fryer for this dish. Nutrition Facts Serving Size 61g. Amount per Serving: Calories 179, Calories from Fat 43, Total Fat 4.7g, Saturated Fat 2.6g, Trans Fat 0.0g, Cholesterol 10mg, Sodium 281mg, Potassium 44mg, Total Carbohydrates 28.6g, Dietary Fibre 1.2g, Sugars 2.9g, Protein 5.7g, Vitamin A 2%, Vitamin C 1%, Calcium 5%, Iron 19%. Air fryer Frittata Photo by Chuck Grimm Serves: 1 Prep: 5 minutes Cook: 10 minutes Ingredients: 4 cherry tomatoes cut into halves 3 eggs ½ link Italian sausage 1 tablespoon olive oil Parsley, chopped, to taste 1-2 tablespoons Grana Padano cheese (or parmesan cheese) Salt and pepper, to taste Directions Preheat the air fryer to 180°C (355F). Put the sausage and the cherry tomatoes in the air fryer baking accessory; bake at 180°C (355F) for 5 minutes. In a small-sized bowl, whisk the remaining ingredients. Remove the baking accessory from the air fryer. Add the egg mix, making sure to spread them evenly; bake for 5 minutes more. Nutrition Facts Serving Size 327g. Amount per Serving: Calories 222, Calories from Fat 142, Total Fat 15.8g, Saturated Fat 4.0g, Trans Fat 0.0g, Cholesterol 251mg, Sodium 164mg, Potassium 682mg, Total Carbohydrates 10.2g, Dietary Fibre 3.0g, Sugars 7.0g, Protein 12.3g, Vitamin A 48%, Vitamin C 56%, Calcium 9%, Iron 11% Baked Eggs Photo by Andrea Goh Serves: 4 Prep: 15 minutes Cook: 15 minutes Ingredients: 4 large eggs 200 grams (about 7.1 ounces) leg ham, sliced 1 tablespoon olive oil

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What people say about this book

Nataly, "So delicious!. I first came across churros at a fair in Argentina. 10000 calories, but so delicious! I didn't realize it was so easy to make them! I made half a recipe and it was more than enough for the two of us. They were crispy on the outside and nice and fluffy on the inside. I served my churro bites with some homemade strawberry jam. My only complaint - my star tip was too small. I'll have to get a nice star-shaped piping tip to make them pretty though!"

Ebook Tops Reader, "Love this book!. These smartie cookies are a hit! They came out great! The whole family loved them. I used for them a regular bag of mini M&Ms. Fast, easy and the kids loved it. Love this book. Simple recipes for your airfryer with delicious results."

CWitt, "Four Stars. good...pretty basic."

Iryna Davydova, "It looks amazing! Want. Ahh, your cinnamon donut is killing me. It looks amazing! Want. One. Now! Didn't make it but really want to try 0Ä. I made chicken wings 2 days ago- it is wonderful. My husband loves chicken wings – it's one of his top 3 favorite foods, next to pizza and steak. I was sure they would end up with blackened skin, but they came out perfectly. Super yummy great addition to my airfryer collection."

The book by Will Budiaman has a rating of 5 out of 3.4. 6 people have provided feedback.

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