The Air Fryer Cookbook -
Easy Air Fryer Recipes For Appetizers
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Introduction

An air fryer is a kitchen appliance that cooks by circulating hot air around the food. It uses Rapid Air Technology to cook any type of food to produce a crispy layer that has to be done by deep frying in oil previously. Using this new technology, air is circulated at up to 200°C in the appliance and foods such as fish, chips, pastries, or chicken can be fried. Air Flyer can reduce oil in food of up to 80 percent as compared to traditional cooking equipment.

There are many air fryer recipes that we can use for making our daily meals healthier and more relishing.

Some of the benefits of using air fryer to cook:

- They are easy to use.
- They can help you in preparing low-fat meals.
- It helps in producing healthier food.
- The residue is collected in a separate container.
- You do not need to bear the unwanted aroma of frying.
- It is faster in frying.
- It is convenient to use.

The best advantage that I can think of for cooking with air fryer is because it prepares things for you in no time. In the world of today, you want tasty food for yourself in a short while and how convenient it becomes if it is healthier too.

I started using Philips Air fryer to cook recently and I found plenty of dishes can be cooked in it. I did some research online and found many air fryer recipes. Besides French fries, you can even have muffins for breakfast or may be chicken tenders with rice will look perfect for dinner; air-fryer can cook all these for you. It helps us in cooking delicious and healthier food for us as well as for our guests.

Air fryer can be a partner of yours in cooking the yummiest food without the risk of you gaining weight. All you need to do is it buy it and bring it home to be with you during your meals. You can even prepare snacks for teatime to have with your family. People who want to lose weight and do not have the guts to go on dieting can cook dishes like grilled vegetables and chicken in them. They can even enjoy their dieting. The most satisfying is to get fast yet healthy food to eat.
Anyone who is looking for healthier food, low-fat food, crispy and crunchy food can easily get it through the use of air-fryer.

Most people loves fried food but it is a chore to fry your own foods at home. Lots of cleaning is required after frying. Moreover, having too much oily fried food is unhealthy and bad for the health.
AIR FRYER STUFFED MUSHROOMS

Serve: 5
Total time: 20 mins

INTRODUCTION

Use this simple air fryer recipe to cook delicious stuffed mushrooms.

INGREDIENTS:
- 20 Button Mushrooms
- 1 tablespoon Oil
- 1 teaspoon Cumin Seeds
- 1 tablespoon Minced Garlic
- 1 teaspoon Chilli Powder
- 200g Cottage Cheese
- Salt & Pepper

INSTRUCTIONS:

1. Preheat air fryer to 180C.
2. Wipe clean mushrooms with a damp cloth; pull out the stems. Chop the stems into fine cubes.
3. Heat a pan over medium-high heat, add oil; when oil is hot add in cumin seeds and garlic. Fry for a minute.
4. Add in cottage cheese and mushroom cubes.
5. Add salt and pepper to taste.
6. Let the filling cool down
7. Toss mushroom caps with oil and salt, stuff with the cheese mixture
8. Place the mushrooms into the air fryer. Cook for 8 minutes.
AIR FRYER BEEF MEATBALLS

Serve: 5
Total time: 35 mins

INTRODUCTION

Enjoy yummy beef meatball using this simple recipe.

INGREDIENTS:

- 450g Beef
- 1 tbsp Extra Virgin Olive Oil
- ½ Large Red Onion
- 1 ½ teaspoon Minced Garlic
- 110g Parmesan Cheese (Grated)
- 2 Eggs
- 1 teaspoon Salt
- ½ teaspoon Black Pepper

INSTRUCTIONS:

1. Preheat the air fryer to 180C.
2. In a frying pan over high heat, heat the oil and cook onions until soft. Add garlic. Cook for 1 minute.
3. Transfer to a bowl and mix in the ground beef, cheese, eggs, salt and pepper. Roll into golf ball size meatballs.
4. Place them into the air fryer. Cook for 6 minutes. Give them a turn. Cook for another 4 minutes.
5. Enjoy.
AIR FRYER SPRING ROLLS

Serve: 10

Total time: 35 mins

INTRODUCTION

Make some crispy spring rolls using air fryer.

INGREDIENTS:

• 10 Spring Roll Sheets
• 1/4 Yellow Bell Pepper (thinly sliced)
• 1/4 Red Bell Pepper (thinly sliced)
• 6 Mushrooms (sliced)
• 1 Garlic (minced)
• 1 teaspoon Ginger (minced)
• 1 Red Onion (finely chopped)
• 110g Carrot (thinly sliced)
• 110g Cabbage (thinly sliced)
• 1 tablespoon Soya Sauce

INSTRUCTIONS:

1. In a small saucepan, sauté the onion, ginger and garlic until soft and fragrant.
2. Mix in the carrot and after a few minutes the rest of the vegetables.
3. Add the soy sauce and cook for 10-12 minutes, stirring occasionally. Once the pan seems dry (no liquid is visible when you move the vegetables around), take off the heat.
4. Remove the spring roll sheets from the freezer and cover with a cloth, for approx. 30 minutes till the vegetables cool.
5. Preheat the air fryer to 200C.
6. Place a single sheet on a clean surface/plate in a diamond shape. Place a tablespoon full on the mixture once inch from the triangle closest to you. Roll tightly half way, tuck on the left and right corners and continue rolling.
7. Place them into the air fryer and brush with a little bit of vegetable oil. Cook for 10 minutes.
8. Enjoy.
AIR FRYER PRAWN PASTE CHICKEN WINGS

Serve: 3
Total time: 30 mins

INTRODUCTION

Make some mouth-watering chicken wings using this simple recipe.

INGREDIENTS:

• 300g Mid-joint Chicken Wings or Drumlettes
• 2 tablespoon Olive Oil
• 1 tablespoon Prawn/Shrimp Paste
• 3/4 teaspoon Sugar
• 1 teaspoon Sesame Oil
• 1 teaspoon Ginger Juice
• 1/2 teaspoon Chinese Rice Wine / Sherry
• Corn Flour

INSTRUCTIONS:

1. In a bowl, combine prawn paste, sugar, sesame oil, ginger juice and rice wine together until a paste is formed. Marinade chicken with the sauce for at least an hour or preferably overnight in the fridge.
2. Coat the marinated chicken with corn flour. Stir to coat evenly, shaking off excess flour on the chicken.
3. Preheat air fryer at 180C. Meanwhile, lightly brush chicken pieces with olive oil.
4. Place the chickens into the air fryer. Cook for 8 minutes. Pull out the tray, use tongs to turn chicken pieces over, and cook for another 7 minutes. Drain cooked chicken on paper towels before serving.
5. Enjoy.
AIR FRYER SPICY GARLIC PRAWN

Serve: 3
Total time: 20 mins

INTRODUCTION

Enjoy these delightful spicy garlic prawns using this simple air fryer recipe.

INGREDIENTS:

- 15 Fresh Prawns
- 1 ½ tablespoon Olive Oil
- 1 teaspoon Chilli Powder
- 1 teaspoon Black Pepper
- 1 tablespoon Sweet Chilli Sauce
- 1 Garlic (minced)
- Salt

INSTRUCTIONS:
1. Preheat air fryer at 180C.
2. Wash and rinse the prawns.
3. Put the prawns in a mixing bowl, add oil, chilli powder, pepper, chilli sauce and garlic into the bow. Stir and mix the ingredient so that the prawns are coated evenly.
4. Add salt to taste.
5. Place the prawns into the air fryer. Cook for 8 minutes.
AIR FRYER SCALLOPS WITH CHEESE

Serve: 2
Total time: 23 mins

INTRODUCTION
Make tasty scallops using this simple recipe.

INGREDIENTS:
• 5 Half-shelled Scallops
• 30g Butter (cubed, unsalted)
• 2 tablespoon Mayonnaise
• Salt
• Black Pepper
• 60g Shredded Mozzarella Cheese

INSTRUCTIONS:
1. Preheat air fryer at 200C.
2. Remove scallop meat from the shell, rinse the meat thoroughly and remove any dirty bits. Scald the scallop shells in hot water for a few minutes to disinfect, discard hot water and rinse the shells. Return scallop meat to the shell.
3. Place cubed butter in a small bowl and microwave for 40 seconds. Use a spoon to stir the butter vigorously to form a smooth paste. Add mayonnaise, salt and pepper; stir to combine well.
4. Place scallops on foil and place them into the air fryer. Cook for 5 minutes.
5. Using kitchen tongs, carefully drain the scallop broth collected in the shells in a small bowl.
6. Divide and spoon the mayonnaise mixture evenly among the scallops. Top with shredded cheese.
7. Return scallops to the air fryer and cook for another 8 minutes, or until the cheese is melted and slightly browned at the edges.
8. Enjoy.
AIR FRYER PRAWN WANTON

Serve: 2
Total time: 25 mins

INTRODUCTION
Enjoy some crispy and tasty air fried wantons

INGREDIENTS:
- 10 Wanton Wrappers
- 150g Prawn (peeled and deveined)
- 1 can Crab Meat
- 3 Spring Onions (thinly sliced)
- 1 teaspoon Fresh Ginger (grated)
- 1 clove Garlic (minced)
- ½ tablespoon Oil
- Sweet Sauce

INSTRUCTIONS:
1. Combine prawns, crabmeat, onions, sweet chili sauce, ginger and garlic.
2. Place 2 teaspoon of mixture in the center of each wonton wrapper. Brush edges with water. Gather edges together and twist to seal.
3. Preheat air fryer at 200C.
4. Place wantons into air fryer.
5. Lightly brush with oil.
6. Cook for 10 minutes.
7. Serve with sweet sauces
8. Enjoy.
AIR FRYER HONG KONG CURRY FISH BALLS

Serve: 3
Total time: 45 mins

INTRODUCTION

Make some Hong Kong styled fish ball with this simple recipe

INGREDIENTS:

- 500g Fish Balls
- ¼ Yellow Onion (finely chopped)
- 2 Red Onions (finely chopped)
- 5 cloves Garlic (dfinely chopped)
- 3 tablespoons Curry Paste
- 3 tablespoon Crunchy Peanut Butter
- 3 tablespoon Coconut Milk
- 2 tablespoon XO sauce
- 250ml Water
- 2 tablespoons Oyster Sauce
- 1 tablespoon Soy Sauce
- 1 teaspoon Chicken Powder
- 2 tablespoon Sugar
- ¼ teaspoon Salt

INSTRUCTIONS:

1. Preheat air fryer to 200C.
2. Place the fish balls in the air fryer and cook for 12 minutes.
3. Meanwhile, in a pot, add oil on a medium heat. Add onion, shallot and garlic, cook until aromatic, then add the curry paste, peanut butter, XO sauce and mix together.
4. Then add the remaining ingredients and bring the sauce to boil, then lower the heat to medium.
5. Add the fish balls into the pot once they are ready.
6. Cook until the sauce is thickened and reduced down to 1/3.
7. Enjoy.
AIR FRYER CHINESE ROAST PORK

Serve: 3
Total time: 105 mins

INTRODUCTION

Enjoy some savory roast pork at home using this simple air fryer recipe.

INGREDIENTS:

• 600g Pork Belly
• 1/3 tablespoon Shaoxing Wine (or Dry Sherry)
• 2 teaspoon Salt
• 1 1/2 teaspoon Sugar
• 1/2 teaspoon Five-spice Powder

INSTRUCTIONS:

1. Use a knife to scrape away any impurities and hair from the pork belly. Rinse thoroughly.
2. Prepare the seasonings by combining salt with sugar and five-spice powder well.
3. Blanch pork belly in boiling water for about 12 minutes, or until 60% done, and the skin is softened.
4. Drain well and wipe dry.
5. Cut a few slits on the meat to help absorb seasonings better.
6. Rub wine and seasoning evenly on pork. Make sure there’s no seasonings on the rind, otherwise the five-spice powder will darken it.
7. Turn over, and wipe dry the rind. Use a fork to poke the rind as many holes as possible.
8. Wrap the pork meat with foil and leave the rind unwrapped. Place in fridge, let air dry overnight in fridge.
9. Remove pork from fridge and let it rest in room temperature.
10. Poke the rind with fork evenly once again. Wipe dry.
11. Preheat the air fryer for 5 minutes at 160C.
12. Place the pork belly skin facing up into the air-fryer. Cook for 160C for 15 minutes.
13. Take out and wipe dry the rind again. Continue at 180°C for 30 minutes.
15. Enjoy.
AIR FRYER GRILLED CHICKEN STICKS

Serve: 4
Total time: 25 mins

INTRODUCTION

Appetizing and delightful grilled chicken sticks made at home using air fryer

INGREDIENTS:

• 8 6” Bamboo Skewer Sticks
• 4 pieces Chicken Thigh Meat
• 1 teaspoon Sugar
• 1 tablespoon Mirin
• 1 teaspoon Garlic Salt
• 60ml Soy Sauce (light)
• 5 Green Onions (spring onions)

INSTRUCTIONS:

1. Soak bamboo sticks in water for 15 minutes.
2. Cut chicken into 1” square pieces.
3. Cut green onions into 1” length.
4. Stick chicken & onion in alternate orders into skewers
5. In a mixing bowl, add soy sauce, garlic salt, Mirin & sugar. Mix well.
6. Marinate chicken with sauce for at 2 hours,
7. Preheat air fryer for 5 minutes at 180C.
8. Place skewers into air fryer and cook for 12 minutes.
AIR FRYER FROG LEGS

Serve: 4

Total time: 25 mins

INTRODUCTION

Use this simple air fryer recipe to cook exquisite fried frog legs.

INGREDIENTS:

- 24 Frog’s legs (skin removed)
- 1 packet Saltine Crackers (crushed)
- 220g All-purpose Flour
- 110g Cornmeal
- 1 teaspoon Minced Onion
- 2 teaspoons Salt
- 1 tablespoon Ground Black Pepper
- 2 Eggs
- 120ml Milk
- 2 tablespoon Oil

INSTRUCTIONS:

1. Rinse the frog’s legs and pat dry; set aside. In a large resealable bag, combine the saltine cracker crumbs, flour, cornmeal, onion, salt and pepper. Shake to mix. In a shallow bowl, whisk together eggs and milk.
2. Preheat air fryer to 180C.
3. Dip the frog’s legs into the milk and egg, and then dip into the cracker mixture until evenly coated.
4. Place them into the air fryer. Lightly coat them with oil. Cook for 8 minutes. Turn the frog legs for another 7 minutes.
5. Enjoy.
AIR FRYER SOFT SHELL CRABS

Serve: 2

Total time: 35 mins

INTRODUCTION

Use this simple air fryer recipe to cook yummy soft shelled crab at home.

INGREDIENTS:
- 4 Soft-shell Crabs
- 1 Egg
- 120ml Milk
- 220g All-purpose Flour
- Salt and Pepper
- 2 tablespoon Oil

INSTRUCTIONS:
1. Clean each crab. Lift one pointed side of top shell and remove the gills by pulling them out. Put top shell back down and repeat on other side. On the bottom side remove tail flap by twisting and pulling off. Using a pair of scissors, remove the face by cutting behind the eyes. Rinse the crabs thoroughly with cold water. Dry on paper towels.
2. Preheat air fryer to 200°C.
3. In a shallow dish, whisk together the egg and milk using a fork.
4. In a separate bowl, stir salt and pepper into the flour. Lightly salt the crab, then dip in the flour, dip in the egg, then in the flour again.
5. Carefully place crabs into air-fryer. Lightly coat them with oil. Cook for 10 minutes.
6. Carefully turn over, and cook for another 8 minutes. Drain on paper towels.
7. Enjoy.
AIR FRYER KOREAN FRIED CHICKEN

Serve: 3

Total time: 30 mins

INTRODUCTION

Korean fried chicken is very popular recently. Cook some and enjoy at home using this simple air fryer recipe

INGREDIENTS:

- 450g Chicken Wings
- 225g Plain Flour
- 225g Bread Crumb
- 3 Eggs (beaten)
- 4 tablespoon Canola Oil
- Salt & Pepper
- 2 teaspoon Sesame Seeds
- 2-3 tablespoons Korean gojuchang red pepper paste
- 1 tablespoon Apple Cider Vinegar
- 1 tablespoon Hot Water
- 2 tablespoons Honey
- 1 tablespoon Soy Sauce

INSTRUCTIONS:

1. Separate the chicken wings into drumlets and winglets, removing the tips.
2. Add salt, pepper and oil into a bowl together with the chickens. Mix well
3. Preheat the air fryer to 180C.
4. Coat the chickens with flour, beaten eggs, and bread crumb.
5. Place the chickens into the air fryer. Lightly coat them with oil. Cook for 15 minutes.
6. While cooking, combine red pepper paste, apple cider vinegar, water, honey and soy sauce in a sauce pan. Mix well and bring all the seasonings to boil.
7. Once the chickens are baked through, place them into seasonings and coat the chicken evenly.
8. Garnish with sesames.
Conclusions

The Air Fryer is a great way to start introducing healthy food to your family. You can enjoy crispy fried food without compromising your health. I hope you like the recipes and enjoy the food.