

## **Cooking With An Air Fryer**

Air fryers cook by convection cooking; this is when extremely hot air is circulated around the food. Food comes out crispy on the outside while tender and moist inside. Air fryers are a healthier alternative to conventional frying as they use very little or no oil during cooking.

Consider the food safety guidelines when using these appliances. Caution should be used not to overfill the trays or basket as foods will not reach the proper temperature or cook evenly. If overfilled, the browning process will be interfered with.

To ensure the safety of poultry, meat, and egg products when air frying, a food thermometer must be used. In the thickest part of the food, place the food thermometer, making sure not to touch bone, fat, or gristle. Check to make sure the food has reached the correct temperature.

It is important to properly clean the air fryer basket/tray after each use. Small burnt bits of food and residual oil will increase the chance of a fire inside the basket. In addition, clean the coils and the surrounding area inside the hull of the fryer and above the basket.

Here are some useful tips and tricks to ensure that your air-fried food comes out perfectly each and every time. Follow these guidelines, and you'll see why so many home cooks are raving about their air fryers.

Ensure there is plenty of space around the sides of the air fryer. To avoid heat damage, place the air fryer on a silicone trivet, heat-resistant board, or mat.

Before it's ready to start cooking, an air fryer needs time to preheat. Preheating means the food will cook much faster than it would if you didn't.

Before putting food in the fryer, pat it dry. The drier the food, the crispier it'll be when done cooking.

Avoid cooking higher fat content foods, such as bacon, in an air fryer. It can start smoking when cooking due to the excess fat.

Air fryers do need a little oil to make food crispy. Evenly coat the food with a small amount of oil (around a tablespoon or less), then add it to the basket. You can use a nonstick cooking spray, such as avocado oil, which has a high smoke point and is a healthier oil.

Overcrowding the air fryer basket is always bad, especially if you're going for that crispy, crunchy texture. Adding too much food will cause it to steam instead of fry. Your best bet is to fry food in batches.

It's important to place meat in a single layer in the air fryer. Brush meat with a bit of oil before seasoning.

Don't use wet coatings or batters. The coating will splatter from the circulating fan all over the inside of the air fryer. Instead, use a breadcrumb crust.

Set the food to cook for the time indicated. Most instructions call for stirring the food halfway through cooking, flipping the food, or giving the basket a shake halfway through. Always check on the food to make sure it is not overcooking.

When in use, never leave the air fryer unattended. Air fryers work quickly; therefore, the food inside can burn, so you should stay near the fryer while it is cooking so you can react quickly to any issues.

Lining the bottom of the air fryer's basket with foil means less cleanup. This is especially useful when cooking something with spices or sauce that would drip and fly around the machine.

To safely clean dirt racks and baskets, soak them in hot, soapy water for about 20 minutes.

Don't leave the air fryer plugged in when not in use. You never know if a button was accidentally bumped on the air fryer.

The air fryer appliance is very versatile, so put it to work.