

# ALL ABOUT AIR FRYERS

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An air fryer is a countertop appliance designed to simulate deep frying without submerging the food in oil. Air fryers circulate hot air to cook and brown the food. The combination of moving air and direct heat mimics the effects of frying.

## Air Fryer Basics

There are primarily two types of air fryers available in the marketplace: cylindrical basket air fryer units and air fryer ovens. Air fryers can be single or multifunctional units.

- The popular cylindrical basket air fryers have drawers with removable baskets that hold the food.
- Air fryer ovens work on the same principle, but the shape of an air fryer oven is like that of a toaster oven. Some units may be multifunctional and offer rotisserie cooking, dehydrating, and toasting in addition to air frying.
- Air fryers come in a range of sizes with common options, including small (1-2L/quarts), medium (3-5L/quarts), and large (6+L/quarts) models.

## Advantages

- ✦ Uses less oil than deep fryer.
- ✦ Healthier than frying in oil.
- ✦ Up to 20% faster cooking time.
- ✦ Produces crispy food.
- ✦ Easy to clean and maintain.

## Disadvantages









- ✦ Bulky and take up counter space.
- ✦ The fan can be noisy and loud.
- ✦ Limited cooking capacity - not suitable for preparing large quantities of food.
- ✦ Needs additional accessories for other cooking methods.
- ✦ Food has a different flavor and texture than deep-fried food.

## Best Practice Tips

- Read the manufacturer's manual to understand the appliance's features, operating instructions, and safety guidelines.
- Always place the air fryer on a flat, heat-resistant surface.
- Preheat the air fryer.
- Use proper breading technique – no wet batter.
- For easier cleanup, use parchment paper or specially designed air fryer liners with holes to allow air circulation.
- Use 100% oil in a mister/sprayer to prep the food, not non-stick cooking spray. Opt for oils with a high smoke point, such as avocado, canola, or peanut oil.
- Stick to the recommended amount of oil, typically just a light spray or a tablespoon. Using excessive oil in an air fryer can cause it to smoke and may lead to a fire hazard.
- Don't overcrowd the basket.
- To keep food from flying around in the air fryer, use a heat-safe metal rack or parchment paper to weigh down food, and consider using toothpicks to secure portions that may fly open.
- Flip foods or shake basket halfway through the cooking time.
- Monitor the cooking process and check on doneness. Use a food thermometer to check internal temp of meats, poultry, and eggs.
- Remove food from the basket with spoons or tongs to avoid pouring grease over cooked food.
- Experiment with time and temperature to determine how to prepare food items to meet your preferences.

## Cooking Times and Temperatures

Cooking times and temperatures vary by air fryer model. For times and temperatures specific to your air fryer, please refer to the manufacturer's product information. This is important, especially for meats and seafood, which vary in size and are not considered done until the safe minimum internal temperature has been reached. See [www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures](http://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures).

Cook Foods to Safe Temperatures		
145°F	160°F	165°F
<b>Pork</b> <ul style="list-style-type: none"> <li>• Ham</li> <li>• Roasts</li> <li>• Chops</li> </ul> 	<b>Ground Meat</b> <ul style="list-style-type: none"> <li>• Pork</li> <li>• Red meat</li> </ul> 	<b>Chicken and Other Poultry</b> <ul style="list-style-type: none"> <li>• Ground</li> <li>• Whole</li> <li>• Pieces</li> </ul> 
<b>Red Meat</b> <ul style="list-style-type: none"> <li>• Steaks</li> <li>• Roasts</li> </ul> 	<b>Egg Dishes</b> 	<b>Leftovers</b> 
<b>Seafood</b> <ul style="list-style-type: none"> <li>• Fish</li> <li>• Shellfish</li> </ul> 		

## Air Fryer Care

Unplug the unit after use. Allow the unit to cool before cleaning. Use a damp cloth to wipe down the outer body.

Wash the basket and accessories in the dishwasher or by hand with hot, soapy water. Follow the cleaning instructions for your specific unit for placement in the dishwasher.

Use a soft, damp cloth with a little dish detergent to wipe the inside of the unit. If necessary, follow up with a clean, damp cloth to remove soap. Allow the basket and accessories to dry completely before putting them back together and storing the unit.



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