



Cooking with an Air Fryer

- Air fryers work with a combination of convection and direct heat. Each air fryer contains a fan and a heating coil. The combination of the moving air current and direct heat works to mimic the effects of frying
- Air Fryers can reduce calorie intake by 70-80%.
- Makes veggies more tasty and appealing
- Lowers disease risk as you eat less fried foods.
- Air fryers are excellent for heating up frozen snacks, fries, chicken nuggets, etc.

Tips:

- Always preheat.
- Use oil mister, not cooking spray.
- Don't over crowd basket
- Turn food or shake basket half way through cooking.
- Add water to bottom to prevent smoking when cooking high fat foods.
- Weigh down light foods with a metal rack
- Wash and dry air fryer after use or use a parchment liner.
- Too high of a temperature will dry out foods.
- Parboil harder vegetables before frying (carrots and sweet potatoes).
- What size air fryer is right for you? 2 quart: 1 person, 4 quart: 2-3 people, 6 quart: 4+ people

Wasatch County Cooking Class - October, 2022

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AIR FRYER COOKING TIMES CHEAT SHEET

VEGETABLES

Green Beans	5 min	400°	Brussels Sprouts	15 min	380°
Broccoli	6 min	400°	Carrots	15 min	380°
Cauliflower (florets)	12 min	400°	Corn on the Cob	6 min	390°
Asparagus	5 min	400°	Sweet Potato	30 min	380°
Squash	12 min	400°	Potato wedges	18-20 min	390°
Zucchini	12 min	400°	French Fries (from fresh)	20-24 min	390°

MEATS

Burger (4 oz)	8-10 min	375°	Chicken Breast	12 min	380°
Steak	12-18 min	390°	Chicken Tenders	8-10 min	360°
Meatballs	5 min	400°	Chicken Wings	12 min	400°
Pork Loin Roast	55 min	360°	Chicken Thighs (skin on)	22 min	380°
Pork Chops	12 min	400°	Chicken Drumsticks	20 min	370°
Bacon	5-7 min	400°	Whole Chicken	75 min	360°

FISH & SEAFOOD

Calamari	4 min	380°
Salmon Fillet	10 min	380°
Fish Fillet	10 min	400°
Tuna Steak	7-10 min	400°
Shrimp/Prawn	5 min	400°
Scallops	5 min	400°
Crab Cakes	12 min	350°

FROZEN FOODS

French Fries	14-18 min	400°
Chicken Nuggets	10 min	400°
Fish Fillet	10-14 min	400°
Mozzarella Sticks	8 min	400°
Gyoza	8 min	400°
Onion Rings	8 min	400°
Shrimp (breaded or not)	9 min	400°



Mediterranean Street Cart Fries

Yield: 4 servings Time: 40 minutes plus 4-6 hours marinade time

INGREDIENTS

Fries:

- 4 large potatoes, yukon gold or russett
- 1 Tablespoon olive oil
- 1 teaspoon kosher salt

Beef:

- 1 lb. beef sirloin steak

Marinade ingredients;

- 2 Tablespoons fresh parsley, finely minced
- 1 teaspoon dried marjoram
- 1 Tablespoon dried thyme
- 2 Tablespoons olive oil
- 1 Tablespoon lemon zest
- 2 Tablespoon lemon juice
- 2 cloves garlic, roughly chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Toppings:

chopped tomato, red onion, green pepper, Kalamata olives, pepperoncini and feta cheese.

DIRECTIONS

1. Rinse and scrub the potatoes under cold water.
2. Cut potatoes into 1/4" strips or use a fry cutter.
3. Transfer the potato strips to a large bowl, cover with ice water, and let the potatoes soak for about 30 minutes.
4. Drain the water and pat the potatoes dry.
5. Add oil and salt to the bowl and toss to coat.
6. Working in batches, place potatoes into a fryer basket in a single layer.
7. Air fry at 380 degrees for 18-20 minutes, turning one halfway through.
8. Remove from air fryer.

Beef;

1. Slice beef thinly, crosswise.
2. Mix remaining ingredients for the marinade.
3. Place beef in a zip top bag and pour marinade over and distribute evenly.
4. Place in refrigerator for 4-6 hours.
5. Pre-heat air fryer and set the beef strips on the bottom of the air fryer pan (no rack). Cook for 5-7 minutes or until beef is to desired doneness.

Now, to make the Street Cart Fries:

Layer the fries on the bottom of a dish, then add the beef, toppings and garlic aioli (See attached recipe). Serve warm.

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Garlic Aioli

Yield: 12 servings Time: 5 minutes

INGREDIENTS

- 1 cup mayonnaise
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 Tablespoon lemon juice
- 1 Tablespoon minced garlic

DIRECTIONS

1. Combine ingredients in blender.
2. Blend until smooth and well combined.
3. Store covered in refrigerator for up to 3 days.

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Pepper Poppers

Yield: 24 poppers Time: 30 minutes

INGREDIENTS

- 1 package cream cheese
- 1 1/2 cups cheddar jack cheese, shredded
- 6 strips bacon, cooked and crumbled
- 1/4 teaspoon salt
- 1/4 garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- 1 lb. fresh jalapenos, halved lengthwise and seeded
- 1/2 cup dry bread crumbs
- Sour cream, French onion dip, ranch salad dressing, optional

DIRECTIONS

1. Preheat air fryer to 325 degrees.
2. In a large bowl, combine the cheeses, bacon and seasonings; mix well.
3. Spoon 1 1/2-2 Tablespoons into each pepper half.
4. Press top cream cheese mixture with bread crumbs.
5. Cook for 10 to 15 minutes or until golden on top. (The longer they are cooked, they less heat they will have.
6. Serve with sour cream, dip or dressing if desired.

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Chocolate Chip Cookies

Yield: 5 dozen Time: 15 minutes to make dough, 7-8 minutes to cook

INGREDIENTS

- 3/4 cup shortening
- 3/4 cup butter
- 3/4 cup sugar
- 1 1/2 cups brown sugar
- 3 eggs
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons vanilla
- 1 (3 oz.) pkg. instant vanilla pudding mix
- 4 cups flour
- 3 cups chocolate chips
- 1 cup chopped nuts, optional

DIRECTIONS

1. Cream shortening, margarine, sugar and brown sugar.
2. Add eggs and mix well.
3. Add baking soda, salt, vanilla, pudding mix and flour.
4. Mix until combined.
5. Stir in chocolate chips and nuts.
6. Drop by spoonful's or scoop onto small baking pan that will fit in air fryer, parchment paper or air fryer liners.
7. Bake at 325 for 7-8 minutes.

***If using traditional oven, bake at 350 degrees on greased or parchment lined baking sheets for 11-12 minutes.

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