

Unlock The Hidden Potential of your Air Fryer with:

The Ultimate Air Fryer Cookbook



LIFE BY
MikeG

Unlock The Full Potential Of Your Air Fryer

***With These Tasty, Delicious, Easy-To-Cook Meals Loved
By Millions And Perfected After Years Of Recipe Testing***

It's no surprise air fryers are the fastest growing segment in kitchen appliance sales...

The ease of use, quick cooking times, and fast clean-up make it a great upgrade over the standard stove top or oven.

But sadly, I see way too many air fryers collecting dust in the corner, or only used for the occasional hot pocket or chicken wing.

Which is why I created this short and simple cookbook with 20 of my favorite, easy to cook, delicious air fryer recipes – Helping you unlock the true potential of your air fryer.

Hi, I'm Mike Greenfield. A Radicalized Air Fryer Evangelist.

Ever since I started my YouTube channel back in 2013, I've always tried to stay on top of new home cooking trends...

In the process, I've built a following of over 4 Million subscribers who enjoy my "Pro Home Cooks" recipe guides and cooking tips.

But there's no way I could've predicted how popular my air fryer videos would become (With over 93 Millions views!)

And how I'd turn into this radicalized air fryer evangelist! 😂

Why I Created This Cookbook

Nearly two-thirds of American households own an air fryer, but barely anyone knows how to unlock their air fryer's full potential.

And when I scan through the popular air fryer cookbooks online, they promote HUNDREDS of air fryer recipes, which goes against the whole premise of why air fryers are great – The simplicity!

***So inspired by the true nature of the air fryer, instead of giving
you hundreds of recipes you'll never use...***

I've curated the top 25 recipes from my most popular air fryer videos and presented them in this quick and easy to use cookbook.

These recipes are my true heavy hitters! Meals I cook every week for my family...

And hopefully, when you see how easy to cook and TASTY these dishes are, they'll inspire you to use your air fryer more and unlock it's full potential.

- Mike Greenfield



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01

The Perfect Crispy French Fry

As seen in **THE BEST Air Fryer French Fry (Ranking 7 Methods)** 



I'm sure if you did a worldwide survey of the most made air fryer foods, French fries would top the list so it's no surprise that they are the first recipe in this book! I spent hours in the kitchen tinkering and testing out different methods to finally nail what I think is the perfect technique and my go to method to this day for making crispy and delicious fries! The final result is crispy on the outside yet tender on the inside and anyone doing a blind taste testing would most likely think they were coming straight from the deep fryer!

Ingredients

4-5 medium size potatoes*

Oil Spray

Sprinkle of salt

**(Note on variety - I love Russet and Burbank potatoes, but trust me when I say you can use any potato variety with this technique and get a yummy crispy French fry. I've tried them all.)*

Instructions

1. Start by cutting your fries into a uniform stick shape. You want them to be on the thicker side (about 1/2 inch).
2. In a pot of hot simmering water, drop in your fries and boil for 10 minutes until they are slightly soft but not falling apart.
3. Drain them then place them into the air fryer in a single layer. Give them a spray of oil and fry them at 385F for 10 minutes.
4. Let them cool down in the air fryer for 5 minutes. *(Optional - rest fries in the refrigerator or freeze them for later use. From my testing a resting period can slightly increase crispiness but isn't necessary to get great results.*
5. Then give them another spray of oil and fry at 400F for 7-8 minutes or until they are fully crispy.
6. Lightly salt them and enjoy!

02

The Family Favorite Chicken Finger

As seen in [The PERFECT Air Fryer Chicken Tender \(Ranking 6 Methods\)](#)



I ranked 6 different chicken finger breading methods and found the winner that makes the best air fried chicken finger at home so you don't have to. From breadcrumbs and flour to crushed up pasta chips, I crowned crushed up corn flakes to be the winner for their crunch, their color, lightness, and delicious flavor. I make a big batch of these chicken fingers every other week and freeze about half of them for later use!

Ingredients

1 cup of cornflakes
1/4 cup of flour
2 eggs
1/2 pound of chicken,
cut into tender sized
pieces
Salt to taste
Oil Spray

Instructions

1. In a food processor, add in the cornflake and pulse until you have a breadcrumb like texture. Pour into a bowl and set aside.
2. Using two different bowls, add the flour in one and the eggs into another one. Whisk the eggs until homogenous.
3. Dip the chicken tender into the flour, followed by the egg, and lastly into the cornflake mixture. Place the coated chicken tender on a wire rack and repeat until all the chicken tenders are coated.
4. Place the chicken tenders into the airfryer and spray with oil on both sides.
5. Air fry the chicken tender at 380F for 6 - 8 minutes or until golden brown and crispy.
6. Take out the chicken tenders and sprinkle over some salt to your liking.

03

Teriyaki Salmon & Broccoli Bowl

As seen in **5 foods I only cook in the air fryer.** -!



One of my favorite meals made in under 25 minutes: crispy salmon brushed with teriyaki sauce served alongside some simply roasted broccoli and rice. Super simple to make in the air fryer and the salmon comes out perfectly pink and moist on the inside while being lightly crisp on the outside. Brushing some homemade teriyaki sauce is optional but I promise you, it takes this meal from delicious to addictive.

Instructions

1. Season the salmon with salt and pepper on both sides. *(Optional - Place on a wire rack and dry brine in the refrigerator overnight to dry out skin for extra crispy results.)*
2. In the meantime, place a pot on medium heat and drizzle in 2 tablespoons of oil, grate in one garlic and a small knob of ginger. Let saute for 30 seconds or until it becomes aromatic.
3. Pour in the mirin, sake, and soy sauce and bring to a boil. Cook for 2 minutes. Meanwhile, mix together cornstarch and water.
4. Once the sauce has cooked for 2 minutes, stir in the cornstarch slurry and cook for another 30 seconds to thicken.
5. Add 1 tablespoon of sesame seeds and pour into a jar. Save in the fridge until needed.
6. Place the salmon into the airfryer at 380F for 7-10 minutes depending on the size of your salmon filets.
7. In the meantime, chop the broccoli into florets.
8. Once the salmon is done, brush the teriyaki sauce onto the salmon and cook for another minute.
9. Take the salmon out, and put the broccoli in. Spray the broccoli with oil and air fry at 400F for 10 minutes while you plate up the salmon with some white rice.
10. Once the broccoli is done cooking, add it to your plate and enjoy!

Ingredients

1 filet of salmon	½ cup of mirin
1 teaspoon of salt	½ cup of sake
1 teaspoon of black pepper	½ cup of soy sauce
2 tablespoons of oil	1 tablespoon of sesame seeds
1 garlic	1 head of broccoli
1 knob of ginger	

04

The All Purpose Crispy Tofu

As seen in [These 15 Minute Air Fryer Recipes Will Change Your Life](#) ->



Tofu is one of my favorite protein alternatives and the absolute easiest way to make it taste great is by air frying it, trust me... I like to buy extra firm tofu because when you air fry it it becomes super crispy and can take on harsher cooking techniques. Tofu has an incredible ability to absorb any flavor or sauce you toss its way and its hearty chewy yet tender texture can hold its own in a wide range of dishes like stir fries, noodle soups, and even salads! This is my super simple way of crisp-ifying a block of extra firm tofu!

Ingredients

1 block of extra firm tofu

Coconut oil or olive oil spray

Salt & pepper to taste

Instructions

1. There's two ways to prepare the tofu depending on your preference. The super easy way is to rip it up into little chunks right into the air fryer which gives you a more uneven "crispy chicken" look. The second way is to use a sharp knife to slice it into pieces to give you a cubed look. (*note *Most crispy tofu recipes will tell you to start by pressing the tofu in a paper towel to remove excess moisture but I find that this step is actually unnecessary. When you place the tofu in the air fryer overtime the moisture will be removed during the convection cooking process leaving you a perfectly crispy final product.*)
2. Toss the tofu cubes into a bowl and spray with oil. Season with salt and pepper and toss to combine.
3. Air fry at 375 degrees Fahrenheit for 10 minutes. Shake and air fry another 5-8 minutes or until you reach desired crispy levels.
4. Use in any dish or recipe you want as a protein substitute, enjoy!

05

“Healthier” Falafel

As seen in **5 foods I only cook in the air fryer.** 



The first time I made falafel in the air fryer my mind was absolutely blown. I could not believe how good they were yet they used so much less oil than the traditional deep fried version. Now of course deep fried falafels are incredible but I find that when I consume this less oily version I feel much better which makes them a much more sustainable dish in my weekly meal prep! You can make this falafel mix and keep it stored in your fridge for a few days and just air fry them in batches as needed!

Ingredients

- 1 cup of dried chickpeas
- 1 shallot
- 1 garlic
- Handful of parsley
- Handful of basil
- Zest of 1 lemon
- 1 teaspoon of salt
- ½ teaspoon of pepper
- Oil Spray

Instructions

1. To a large jar, add the dried chickpeas and fill with water. Let it hydrate for at least 12 hours.
2. 12 hours later, drain them and pat dry them to ensure they are fully dried. Place them into a food processor along with the shallot, garlic, parsley, basil, lemon, salt and pepper.
3. Pulse the chickpea mixture. You don't want it to be too coarse but you also don't want it to be totally blended. Somewhere in between is what you are looking for.
4. Spray your air fryer with oil and then use a tablespoon to scoop out your falafel balls. Roll them in your palm to form balls and place them in your air fryer.
5. Fry about 6-9 falafel balls at a time for 10 minutes at 370F.

★ BONUS

Creamy Cashew Herb Sauce

Ingredients

- 1/2 cup Cashews
- 1/2 water
- 2 cloves Garlic
- 1/2 onion
- Handful fresh dill
- Handful fresh parsley
- 1/4 cup olive oil
- Juice of 1/2 lemon
- 1 Tsp Salt
- 1 tsp pepper

Instructions

1. Soak cashews in water overnight. (Note - if time constrain soak them in boiling water for 30 minutes)
2. Add cashews, garlic, onion and water to blender and blend until very smooth
3. Add all of the herbs, lemon salt, pepper, olive oil and blend until sauce turns green and smooth
4. Refrigerate for up to a week

06

Honey Buffalo Chicken Wings

As seen in **5 foods I only cook in the air fryer.**



Ingredients

1 pound of chicken wings	2 tablespoons of butter
1 teaspoon of salt	2 tablespoons of your favorite hot sauce
1 tablespoon of your favorite bbq seasoning blend	2 teaspoons of honey
2 tablespoons of flour, optional	Sprinkle of salt

I cook chicken wings in the air fryer more than any other food. Actually since the first time I cooked a wing in the air fryer I've never cooked it another way! This recipe has been adapted from countless chicken wings trials over the years and it's what I believe wins the award for both easiest and best results. If you have some time to dry brine your chicken wings, I 100% recommend doing it. The skin becomes crispier, the meat gets seasoned and tenderized due to the salt. However, there are days where even I don't have the time to dry brine and the wings still come out amazing. My favorite way to serve the chicken wings is with a quick honey buffalo sauce! Super glaze-y and addictive!

Instructions

1. In a large bowl, toss the chicken wings with the salt and seasoning mix, ensuring each wing is well coated.
2. Adding 2 tablespoons of flour to the spice mix is optional but will increase the "crustiness" of your wings. If desired, add the flour now and toss to coat the wings.
3. If you have some time, place a wire rack on top of a large plate, then arrange the wings on the rack and dry brine them overnight. This helps tenderize the chicken and makes it crispier. If you're short on time, you can skip this step.
4. Lightly spray the air fryer basket with oil, then place the chicken wings inside. Air fry at 400°F for 8-10 minutes depending on the size of your wings.
5. While the wings are cooking, place a pot on the stove over medium heat.
6. Add butter and your favorite hot sauce to the pot. Once it begins to simmer, stir in honey and a pinch of salt. Let the sauce reduce for a minute.
7. When the wings are done, remove them from the air fryer and toss them in the sauce. Serve immediately while hot!

07

My Favorite Air Fryer Veggie - Cauliflower

As seen in [My Air Fryer Has Officially Replaced My Oven](#) 



This is a simple one, but had to be on this list since it's such a staple in my house. From my overnight vs air fryer trials I found that you can save 30 minutes when choosing to roast veggies like cauliflower in the air fryer which is a no brainer for my weekly meal prep. The best thing about using the instant convection heat of the air fryer is that the vegetables can stay soft and tender on the inside while slightly charring and crisp-ifying the outside.

Ingredients

1 head of cauliflower

2 tablespoons of oil

Salt & pepper

Your favorite seasoning blend, optional

Instructions

1. Preheat the airfryer at 375F while you prepare the cauliflower. This step is optional but will speed up the process.
2. Cut up the head of cauliflower into medium sized florets.
3. In a large bowl, add all the cauliflower, oil, salt, pepper, and your favorite seasoning to your bowl. Toss to coat to ensure all the cauliflower crevices have been coated.
4. Transfer the cauliflower to the air fryer and fry at 375F for 15 minutes, giving it a shake at the halfway point. (*Pro tip - if your cauliflower is falling through the grate you can remove the grate and air fry without it!*)
5. Take the cauliflower out and serve a veggie side dish to your meal or use in another recipe!

Set It & Forget It Steak

As seen in [Steak in The Airfryer](#)



The first time I made a steak in the airfryer it didn't go as well as I had hoped, but there has been a lot of technological advancements in the air fryer these past couple years making it a very viable appliance for searing meat. Many airfryers now have broil settings and can really get a beautiful sear and crust without any the mess of cooking it in a pan. I've found that the key is to focus on getting a perfect crust on a single side of the steak while cooking it through to your likeness. If you have a steak over 1.5 inches thick you have some more wiggle room to flip the steak over midway through the cook for a crust on both sides. I usually can't be bothered!

Ingredients

1 one inch thick steak
Salt and pepper

Instructions

1. Trim up some of the fat from the steak. Then place the trimmed fat into the air fryer and render out the fat at 385F for 10 minutes. Remove the fat and pour into a jar.
2. Heavily salt & pepper both sides of your steak and drizzle on some of that rendered fat from step 1 over the steak.
3. Place the steak into the air fryer and broil at 450F for 7 minutes. The cosori turbo blaze linked at the bottom of this booklet has a broil setting made specifically for this purpose!
4. Once the steak is done, take it out of the air fryer and let cool for a few minutes.
5. Slice and enjoy!!

Sweet Potato Turkey Meatballs

As seen in [10 Easy Air Fryer Recipes My Kids Love](#) 



A big shout out to Yummy Toddler Foods for introducing me to this simple but great recipe for the entire family. Grating a sweet potato adds some extra flavor and added nutrients plus the meatball mixture will stay fresh for a few days so you can cook them when you want. I like to make little meatballs for my kids and they cook in less than 7 minutes in the air fryer which is an added bonus!

Ingredients

1 pound of white ground turkey
1 egg
1 tablespoon of maple syrup
½ cup of breadcrumbs
1 small sweet potato
2 teaspoon of salt
Oil spray

Instructions

1. Peel then grate the sweet potato into a bowl. Next, add in the ground turkey, egg, maple syrup, breadcrumbs, grated sweet potato, and salt.
2. Mix everything together until you have a uniform mixture. You can pack this mixture into a food container and use them when you need them.
3. When you are ready, spray the air fryer rack with oil and spoon out little meatballs.
4. Air fry at 400F for 6-7 minutes.

Toastanut Granola

As seen in **24 Hour Air Fryer Challenge** 



A quick pantry granola is super simple to make in the air fryer but there are a few things you need to know. One is to line the air fryer basket with parchment paper so none of your granola falls through the holes. Second is to check your granola after 30 minutes of cooking so you don't burn it!

Ingredients

2 cup of oats	1/4 cup of coconut oil	Pinch of salt
1/4 cup of chia seed	1/4 cup of maple syrup	1/3 cup of raisins
1/4 cup of quinoa	Pinch of cinnamon	
1/4 cup of dried coconut		

Instructions

1. In a large bowl combine the oats, chia seeds, quinoa, & dried coconut. Toss to combine and set aside.
2. In a smaller bowl combine the coconut oil, maple syrup, cinnamon, and salt. Place into the air fryer at 350F for 5 minutes or until the coconut oil has melted. After 3 minutes, stir to break up the coconut oil and place back in the fryer to fully melt the mixture.
3. Once fully melted, pour the oil over your oat mixture and mix well to ensure that everything is evenly coated.
4. Place a parchment paper or paper tray in your airfryer and pour the oat mixture into the air fryer. (Note *if your air fryer is super clean you can remove the bottom rack and air fry right on the bottom of the basket. It might take some more shakes to get a nice even browning since you won't have as much air circulating.)
5. Bake at 290F for 15 minutes then 270F for 30 minutes. If you want it more golden, fry for another minute. Keep a close eye because this is where your granola can burn.
6. Take it out and combine 1/3 cup of raisins. Store in an airtight container.

Caution: use gloves when taking the bowl in and out of the air fryer.

11

The Super Crispy Onion Ring

As seen in **How many air fryer recipes can my garden produce?** 



These aren't just good onion rings, these are probably the best onion rings I've ever had. The onions melt in your mouth and the crunch of these guys is insane. I use dust these babies with a dehydrated green onion powder I make from my garden to give them an extra aromatic hit.

Instructions

1. Slice off the roots and top off the onions. Peel back a layer of the onion then slice into 1 inch rounds.
2. Carefully and gently pop out the onion rings. Set aside.
3. To a bowl, add in 1 cup of flour, salt and paprika. Slowly pour in the ice water until you get a pancake batter like consistency.
4. Next, grab another bowl and add in 1 cup of flour. Grab a third bowl and add in 1 cup of panko bread crumbs.
5. Dump your onion rings into the flour and toss them to evenly coat.
6. Shake off any excess flour and give them a dunk into the batter. Shake off any excess batter and toss them into the panko bread crumbs.
7. Place the battered onion rings onto a wire rack and give them a spray of coconut oil. You can use a rack to cook multiple batches at the same time.
8. Air fry for 385F for 10 minutes. Give them a quick check and then cook for another 5 minutes.
9. Serve with your favorite condiment.

Ingredients

1 pound of onions	1 cup of flour
1 cup of flour	1 cup of panko bread crumbs
1/4 tsp of paprika	Coconut spray
Salt to taste	Dehydrated onion top powder, optional
3/4 cup of ice water*	

The Double Strawberry Pop Tart

As seen in [How many air fryer recipes can my garden produce?](#) 



These are inspired by the classic pop tarts we all know and love but they are taken to a whole new level by making them with homemade dough and fresh strawberries. And to take it up a notch I added in another tablespoon of dehydrated strawberries to the icing for a pop of color and a shot of strawberry flavor.

Instructions

1. Wash and cut the tops off the strawberries. Add the strawberries to a bowl along with the sugar. Toss to evenly coat, cover and let sit overnight.
2. The next morning, mix in the pectin. Add the berries and its juices to a pot and bring to a boil. Mash the strawberries down and skim the foam off for a cleaner jam.
3. Reduce the strawberry mixture by half. Pour into a jar and seal with its lid. Set aside.
4. To a food processor add the flour, salt, & cold butter. Pulse until the largest piece of butter is about the size of a pea. Then slowly stream in the ice water until a dough forms.
5. Remove from the food processor and form into a ball. Tightly wrap with plastic wrap and set in the fridge for 30 minutes while you make the icing.
6. To a bowl mix together confectioners sugar, strawberry powder, and juice of half a lemon. Mix until you have icing! You can use more or less lemon if you need. Set aside.
7. Divide the dough into two & roll out the dough to about 1/8" thick. Cut 4" thick strips.
8. Brush the dough with egg wash and spoon on homemade jam to half of the dough strip. Close the pop tart by folding the dough over the jam.
9. Crimp the sides with a fork to seal, poke holes on the top, & brush the tops with more egg wash.
10. Place them on a parchment lined sheet pan and into the freezer for 15 minutes so they are easier to handle. Once they have hardened a bit, brush the bottoms with egg wash.
11. Place in the air fryer at 365F for 7 minutes. Flip them over and fry for another 2-3 minutes until they are evenly brown on the top.
12. Spread on the strawberry frosting and sprinkle on some sprinkles. Let cool then enjoy!

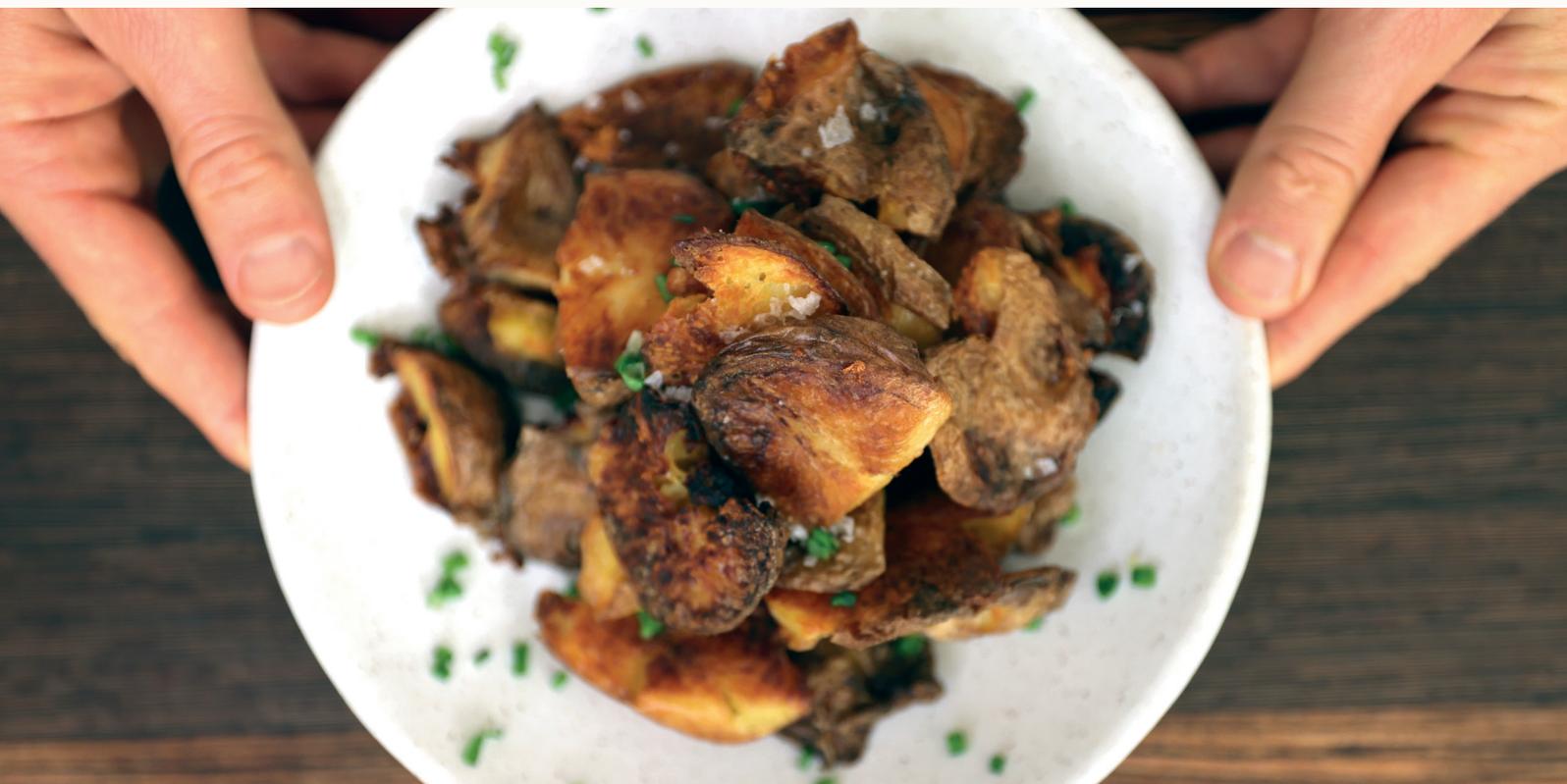
Ingredients

1.5 pounds of strawberries
 3 tablespoons of sugar
 1 tablespoon of pectin
 2 cup of flour
 Pinch of salt
 1 stick of butter
 4 - 6 tablespoons of ice water
 1 cup of powdered sugar
 1 TBSP dehydrated strawberry powder
 1 lemon
 Sprinkles, optional

13

The Smashed Potato

As seen in [How many air fryer recipes can my garden produce?](#)



The airfryer can make delicious roasted potatoes but for that extra delicious crispy goodness, give them a good smash with a fork to create a craggly surface. Give them a spray of oil and throw them back into the airfryer to really crisp-ify them and take them to another dimension.

Ingredients

2 pounds of mini or fingerling potatoes

Oil

Salt & pepper to taste

Instructions

1. Boil the potatoes for about 15 minutes.
2. Drain them out and toss them with some oil, salt & pepper. Make sure they are well coated.
3. Place them into the air fryer at 400F for 10 minutes.
4. Once they are done, take them out of the air fryer and smash them with a fork.
5. Place them back in the airfryer for another 10 minutes.
6. Enjoy them while they are hot and crunchy!

14

Air Fryer Tortilla Chips

As seen in [My Air Fryer Has Officially Replaced My Oven](#) 



Enjoy a healthier alternative to traditional fried tortilla chips by using your air fryer. Not only is it easier, quicker, and less of a mess, making tortilla chips in the air fryer makes crispy, golden chips perfect for dipping or snacking. You won't even notice the difference.

Ingredients

5 corn tortillas

Oil spray

1 tablespoon of your favorite spice blend, optional

Instructions

1. Preheat your airfryer to 380F.
2. In the meantime, stack your tortillas on top of each other and slice them into 6 equal triangles. You will be left with 30 chips. See video at 2:11 for visual reference.
3. Place the chips in the air fryer and give the chips a spray of oil. Shake the basket and give the chips another spray of oil to ensure that the chips are well coated.
4. Fry for 5 minutes. Giving them a shake once the timer is up. Fry for another 2 minutes.
5. Give them another shake and if you want them to be crispier, fry for another 2 minutes. Repeat step 5 until the chips have reached your desired crispy levels.
6. Remove the chips from the air fryer and dump them into a big bowl. Sprinkle over your favorite seasoning mix or some salt and lime to keep it simple. Enjoy!

15

The Ultimate Roasted Chicken Stock + Bonus Golden Fat

As seen in [My Air Fryer Has Officially Replaced My Oven](#) 



Having homemade chicken stock is by far one of the best things to have on hand and when you roast your chicken bones and excess skin in the air fryer you are left with perfectly roasted bones ready to be made into a big batch of chicken stock. The bonus of roasting your bones in the air fryer is the chicken fat that renders out to the bottom basket. Just pour it out into a container and you have some perfectly golden schmaltz!

Ingredients

1 chicken carcass

Any extra chicken skin

Any extra chicken bones like thigh bones, wings, & chicken necks



Instructions

1. Place all bones in the air fryer for 25 mins at 385 F.
2. Once they are golden brown, transfer the bones to a slow cooker or pot and cook on low for 8-10 hours.
3. While the chicken stock is cooking, pour the chicken fat from the air fryer basket into a jar. Seal and save for cooking!
4. Once the stock is done cooking, take out the bones.
5. Using a ladle, pour the broth over a fine mesh strainer and into freezer safe plastic containers.
6. Use the broth now or keep in the freezer for up to 1 year!

16

Dehydrated Flavor Blasted Fruit Snacks (Your Kids Will Love!)

As seen in [10 Easy Air Fryer Recipes My Kids Love](#) 



My kids can eat fruit for every single meal which is why I love having dehydrated fruit on hand. By using whatever fruit I have on hand, I can turn it into a delicious and nutritious snack. In a dehydrator they take hours but in an air fryer they come out slightly chewy, a touch crispy on the edge and done in just 6 hours!

Ingredients

- 1 Apple
- 1 Banana

Instructions

1. Core the apples and then thinly slice it about 1/8" thick. Peel the banana and cut on a bias about 1/8" thick.
2. Lay them down in a single layer in the air fryer basket. If you have stackable air fryer racks you can do a couple trays at a time!
3. I used the cosori turbo blaze for this recipe. It has a dehydrate mode perfect for this recipe! It dehydrated the fruits at 135F for 6 hours.
4. Set air fryer at 135f for 6 hours. Note * most new air fryers have a dehydrate setting or can cook at very low temperatures but if your air fryer doesn't go this low, just set it on the lowest temperate it goes and cook them for a shorter period of time.
5. Store them into a plastic container and enjoy as a snack throughout the week!



17

Twice “Fried” Plantains (Tostones)

As seen in [24 Hour Air Fryer Challenge](#) 



Tostones are twice-fried plantains that are traditionally eaten in a lot of Spanish and Latin American dishes and they are delicious. Think french fry but 3x better! Rather than deep frying the plantains, making them in the air fryer makes these healthier and lighter but just as delicious. Give it a try and let me know how you like it!

Ingredients

3 medium sized green bananas

Salt and pepper

Oil spray

Instructions

1. Start by cutting the ends off the banana and then slice in half lengthwise and then slice crosswise. You should get about 4 pieces per banana. See the video at 7:48 to see how I cut them.
2. Place them in a large bowl and toss them together with oil, salt, and pepper. Next, put them in the air fryer and fry them at 360F for 10 minutes.
3. Take the air fried plantains out and place one piece in between a clean towel. Gently smash them and then roll them out using a rolling pin to get them super thin. Check out 10:00 to see how I did this. Repeat with all your plantains.
4. Give the plantain another spray of oil and throw them back into the air fryer at 375F for 8 minutes.
5. Once they are done, take them out and salt to taste.

Crispy Soy Chicken Rice Bowl

As seen in [Testing the Most Viral Air Fryer TikTok's](#)



Shout out to Tiffycooks for this amazing recipe! With just a few ingredients like soy sauce and five spice this dish is definitely a go to in my house. Keeping the skin on is the way to go because the chicken skin crisps up while keeping the chicken thighs juicy and tender. Keeping it simple by serving it with fresh rice and scallion is the way to go but feel free to dress this meal up!

Ingredients

1 pound skin on, bone in chicken thighs	2 tsp of sugar or honey
4 tbsp of soy sauce	1 clove of minced garlic
½ tbsp of five spice	1 teaspoon of grated ginger

Instructions

- Using a sharp paring knife, butterfly the chicken thigh and remove the bone. Check the video at 2:30 to see how I did here.
- Place the deboned chicken thighs in a bowl. Add in the soy sauce, five spice, sugar, minced garlic and ginger. Mix until well combined & let sit at room temp for 30 mins.
- While it's marinating, wash 1 cup of rice until the water runs clear. Place in a pot with 1 cup of fresh water.
- Bring to a boil then immediately turn to low. Cover the pot and let the rice steam for 15 minutes.
- Place the chicken in the air fryer skin side facing up. Set the air fryer at 380 F for 10-12 minutes depending on size of the chicken thigh
- Serve over your hot fresh rice and finish with scallions. Enjoy!

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BBQ Corn Ribs

As seen in [Testing 5 Questionable Air Fryer Recipes...](#)



BBQ corn ribs started out as just a trend I saw online but after trying them I am a believer. These corn ribs get cooked at a high 400F, charring the kernels and giving them a nice smoky flavor you'd never thought an airfryer could achieve. I'd make these as a side or appetizer for a BBQ night and you'll be sure to impress your guest!

Ingredients

2 cobs of corn

1 tablespoon of
your favorite
spice mix

Oil spray

Instructions

1. Using a sharp knife and a non-slip cutting board, cut off the base and the pointy end of the corn.
2. Stand the corn upright then cut the corn into half lengthwise. See the [video at 8:25](#) to see how I did it.
3. Lay the corn flat side down and then cut in half lengthwise again to make long corn quarters.
4. Spray the corn quarters with some oil and then sprinkle on your favorite seasoning. Give them one more spray of oil.
5. Place 3 - 4 corn ribs into the air fryer at a time and fry at 400F for 12-15 minutes. Repeat until you have fried all the corn ribs! Enjoy while they're hot!

Crispy Pork Belly

As seen in [Testing 5 Questionable Air Fryer Recipes...](#)



As a home cook, making pork belly in the air fryer is such a viable way to go. Because you are making a small 2lb portion that is perfect for a small family, it is easier to handle and perfect for the air fryer. The skin gets super crispy while the pork belly stays nice and tender. Using a large chef knife, slice it up into bite sized portions and serve it with a scallion ginger sauce!

Ingredients

- 1.5-2 lb piece of pork belly with skin on
- 1 tbsp of garam masala or five spice
- 1 teaspoon of salt

Instructions

1. To prep the pork belly, cut the pork belly to fit your air fryer. Season the meat side with garam masala or five spice.
2. Then flip the pork belly skin side up and using a bunch of skewers poke a bunch of holes in the skin. Sprinkle the skin with salt.
3. Place the seasoned pork belly in a sheet of aluminum foil. Fold the aluminum foil around the pork belly, being sure to keep the skin exposed. See the video at 5:25 to see how I did that.
4. Place the pork belly in the fridge overnight to dry out the skin and marinate the meat.
5. The next day, place the pork belly in the air fryer for 375 F for 40-45 minutes. Check in halfway through since your piece might be smaller or larger than mine. You are looking for an internal temp of 160-165F and for the skin to be golden brown and crispy!
6. Let cool for 5 minutes and use a sharp knife cut into pieces. Enjoy it while it's hot!

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Crispy Brussel Sprouts with Sweet Chili

As seen in **5 foods I only cook in the air fryer** 



I love a good crispy brussel sprouts side dish from a restaurant but realistically I'm not deep frying any veggies at home and I can bet that neither are you. Air frying brussel sprouts at home can give the same end result of a crispy exterior and tender interior. Toss them into a sweet and glazy chili sauce and you have an addictive veggie side dish made right at home.

Ingredients

1 cup of brussel sprouts	½ teaspoon of black pepper	1 small knob of ginger
1 tablespoon of oil	¼ cup of vinegar	2 tablespoons of sambal sauce
1 teaspoon of salt	1 clove of garlic	1 tablespoons of honey

Instructions

1. Preheat the air fryer to 400°F for 4 minutes.
2. Meanwhile, prepare your brussels sprouts by slicing off the dry ends. Remove any bruised leaves, then halve the larger sprouts to ensure even cooking.
3. Toss the brussels sprouts in a bowl with oil, salt, and pepper, ensuring they are evenly coated.
4. Transfer the brussels sprouts to the air fryer and cook at 450°F for 7 minutes.
5. While the brussels sprouts are cooking, heat a pan over medium heat.
6. Add vinegar to the pan, then grate in the garlic and ginger, and add sambal sauce. Stir and cook until the mixture reduces to a paste-like consistency.
7. Stir in 1 tablespoon of honey and mix until the sauce becomes a nice glaze.
8. Remove the brussels sprouts from the air fryer and toss them in the sweet chili sauce. Serve while hot!

Crispy Onion Grilled Cheese

As seen in [I put my Air Fryer to the Self Quarantine Test...](#)



What better way to elevate your grilled cheese game than with some crispy fried onions! Each bite has the perfect ratio of melted cheese and crispy onions. Plus, you're going to love the char the onions get from being fried in the air fryer. I usually use whatever melty cheese I have on hand so use your favorite!

Ingredients

1 medium sized onion, sliced thinly

Oil for spraying

Sprinkle of salt

2 slices of your favorite melting cheese

2 slices of bread

Optional tomato slices (if in season)

Instructions

1. Spray the bottom of the air fryer tray to prevent sticking.
2. Add the thinly sliced onions to the air fryer. Lightly spray them with oil and sprinkle with salt.
3. Air fry the onions at 250°F for 15-20 minutes, or until they become crispy and dry.
4. Meanwhile, layer 2 slices of your favorite cheese on your bread. Once the onions are done, add them on top of the cheese.
5. If tomatoes are in season I would highly recommend slicing some up and adding them at this point!
6. Close the sandwich and lightly spray both sides with oil.
7. Air fry the sandwich at 350°F for 8 minutes. Slice diagonally and enjoy!

Enchiladas

As seen in [These 15 Minute Air Fryer Recipes Will Change Your Life](#) 



I made these enchiladas out of a bunch of leftovers I had on hand and to my surprise they came out delicious. The green and red sauce was perfect to flavor and sauce up the steak and mushroom filling. The grated cheese over top of the enchiladas got bubbly and crispy and leaked out enough oil to crisp up the tortilla. I finished it off with a quick avocado sauce to go over top and these were a favorite in my house!

Ingredients

1/2 cup of steak & mushrooms	1/2 cup of yogurt
1/2 cup of rice	Juice of 1/2 lime
1/4 cup of green salsa	Handful of cilantro
2 tablespoons of adobo sauce	Clove of garlic
5 corn tortillas	Sprinkle of salt
Your favorite shredded cheese	Drizzle of oil
1/2 avocado	1 tablespoon of water

Instructions

1. Chop up the steak and mushrooms and place in a bowl. Mix in the rice, green salsa, and adobo sauce.
2. Equally distribute the rice and steak mixture among the 5 tortillas and carefully wrap them.
3. Transfer them to an air fryer basket. If you need help keeping the tortillas from unrolling, use a piece of aluminum foil. See how I did that here at 19:56.
4. Grate your favorite shredded cheese over the stuffed tortillas and airfryer at 380 F for 8 minutes.
5. In the meantime, add the avocado, yogurt, lime, cilantro, garlic, salt, water, and oil to a food processor. Blend until smooth.
6. Remove the enchiladas from the air fryer and drizzle the sauce over them. Enjoy it while it's hot!

Milk Bread Buns

As seen in **Putting the Air Fryer to the ULTIMATE Test** 



Slightly sweet and super fluffy, these guys are perfect little dinner rolls or slice them in half to make mini sandwiches. I first featured this bread in the sandwich series and then I remade it to test out in the air fryer and to my surprise it did a fantastic job. Instead of making one big loaf, I made 12 small buns and they came out perfectly golden brown and the insides came out pillowy soft.

Ingredients

1/3 cup of bread flour	2 1/2 cups of bread flour
1/2 cup of milk + 1/2 cup milk	1 teaspoon of salt
1 packet or 2 teaspoons of instant dry yeast	4 tablespoons softened unsalted butter
1/4 cup of sugar	Egg wash
1 egg	Sesame seeds, optional

Instructions

1. For the tangzhong, add 1/3 cup of bread flour and 1/2 cup of milk to a pot. Stir over low heat for 5 minutes until it thickens, resembling a roux. Allow it to cool to room temperature.
2. In a large mixing bowl, combine the milk, yeast, sugar, egg, flour, cooled tangzhong, and salt. Mix until the ingredients start to come together.
3. Transfer the dough onto a floured surface and knead until it forms a cohesive dough. Let it rest for 15 minutes.
4. After the dough has rested, knead in the butter. It may be difficult to incorporate at first, but continue kneading for about 5 minutes until the dough comes together smoothly.
5. Place the dough back in the bowl and cover it with a damp towel. Allow it to rise for about an hour or until it doubles in size.
6. Once risen, place the dough on a lightly floured board and divide it into 12 equal pieces. Roll each piece into a ball.
7. Line the air fryer basket with parchment paper and arrange the 12 dough balls evenly spaced apart.
8. Allow the dough balls to rise in the air fryer (with the air fryer turned off) for about an hour, or until they double in size again.
9. Brush the dough balls with a beaten egg and sprinkle with sesame seeds.
10. Air fry at 310°F for 9 minutes, then lower the temperature to 250°F and cook for an additional 5 minutes. Let the buns cool for 5 minutes before enjoying them!

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Panko Encrusted Zucchini Fries



Ingredients

3 medium zucchinis

Panko bread crumbs

1 egg

1/4 cup of flour

Oil

Dried herb seasoning or
garlic powder (Optional)

Instructions

1. Slice up your zucchini lengthwise into quarters. If the zucchini is too long you can first slice them in half to create more workable pieces.
2. Set up your three part breading station with flour, beaten egg, and bread crumbs in separate bowls.
3. Optionally you can add either a dried herb spice mix or garlic powder to the bread crumbs to change up the flavor profile.
4. Coat zucchini in flour, then in the egg then finally in the bread crumbs.
5. Place them on the air fryer rack and spray with oil.
6. Air fry at 385F for 4 minutes then flip and air fry for another 3-5 minutes until crispy and golden brown.
7. Season with salt.
8. These can be stored in the fridge or freezer and are easily reheated back to crispy goodness!

Air Fried Personal Pizza



The first time I tried pizza in the air fryer it was a complete fail! Well not a complete fail, there was just enough promise to keep me tinkering with the technique which has led me to this recipe. Since the pizza crust takes up the entire surface area of the rack, you lose the natural circulation of the convection air circulating through the air fryer. The key is to par bake the crust to get it nice and crispy on the top, then flip the crust over so the top becomes the bottom! Then the toppings are added and the pizza goes back in the air fryer to become a really nice personal pizza. Now it might not taste like it came from a proper pizza oven but I can guarantee you it would fool some people in a blind taste test! And the best part is that it takes zero pre-heating and cooks in just 10 minutes!

Ingredients

Overnight dough (recipe below)	1 ball of fresh mozzarella
Your favorite pizza or marinara sauce	Fresh basil, optional

Instructions

1. First prepare your mozzarella by chopping it into little cubes
2. Grab your overnight pizza dough balls and flatten out your dough to the same size as the container of your air fryer.
3. Give your air fryer container a little spray of oil so that nothing sticks.
4. Drop in your dough and par bake the crust at 400 for 5-6 minutes. When it comes out it should be slightly browned and crispy on the the top crust
5. Take out the crust and flip it over so the par baked crust bottom is now the top. Spread the pizza sauce on, then finish with mozzarella, and basil.
6. Air fry at 400F for another 5-6 minutes until the ingredients are melted and slightly charred!
7. Once finished, take it out of the airfryer, slice it up, and enjoy!

★ Bonus Recipe

Overnight Pizza Dough

As seen in [I took my Air Fryer into a new DIMENSION...](#)

I have been using this pizza dough for years now. Whether it is for pizza in the pizza oven or for pizza made out of an air fryer, it is my go to. It's simple to make and the results are delicious. The key is to use less yeast and allow the dough to ferment overnight to slowly develop flavor as well as the gluten. This recipe is super versatile and can work on your time. You have the option to either bulk rise (first fermentation of the dough) at room temp or in the fridge overnight. If you do bulk rise at room temp then I would suggest letting the dough balls proof in the fridge overnight to develop more flavor. The key is extending the fermentation as long as possible!

Instructions

1. To a large mixing bowl, add in the bread flour, water, salt, and yeast. Knead on low until a dough is formed (about 1 mins) then increase the speed to medium until a smooth elastic dough is formed (about 2 mins).
2. The dough should be tacky but shouldn't stick to the side of the bowl. If you find that the dough is too wet, stop the mixer and wait 10 minutes.
3. Next, remove the dough from the bowl and onto a lightly floured surface. Shape into a ball and place in a lightly greased container. Cover with a towel/plastic wrap and rest for 20 minutes.
4. Once the 20 minutes are up, do a set of stretches and folds to help develop the gluten structure. Cover the dough and let it rest for another 20 minutes.
5. Repeat step 3, two more times for a total of 3 stretch and folds over the course of 1 hour.
6. Finally, let the dough double in size (about 1 ½ - 2 hours) on your countertop. If you have time you can also bulk rise this dough overnight.
7. Once the dough has doubled in size, dump the dough out on a lightly floured working surface and cut into four equal pieces. If you want you can weigh them out equally using a scale.
8. Shape each dough into a tight ball and place on a lightly greased tray. Make sure they are at least 2" apart to allow for spreading and proofing. Cover the balls and proof overnight.
9. The following morning, dough balls are ready to be used! You can keep them in the fridge for one more day if needed but otherwise they are ready to go!

Please note: Most pizza dough ranges from 65-75% hydration. The higher the hydration the more airy the final dough will be but will be tougher to work due to its higher water content. The lower the hydration, the easier it is to work with but the final dough will be less airy! Since im a seasoned baker I tend to stick to a higher hydration around 75% but if you new to baking I would suggest starting at 65%. "

Ingredients

1000 grams of bread flour

700 grams of water*

20 grams of salt

1 teaspoon of yeast (I measure this out since yeast is to light to read well on standard scales)



Taking It To The Next Level

Now of course, if you want to become the ultimate “pro home cook”, you need to go beyond just learning how to use your air fryer to it’s fullest potential...

Which is why I created my online course Conquer The Kitchen, teaching you step by step how to cook an unlimited number of new dishes in the kitchen with whatever ingredients you have on hand.



Covering everything from the best cooking equipment, to how to free flow and improvise with ANY vegetable or cut of meat you find.

And building your “cooking intuition” while learning hundreds of cooking tips, tricks, and recipes along the way.

To learn more, click the big red button below, and let’s Conquer The Kitchen together!

[LEARN MORE](#)

- *Mike Greenfield*
Creator of *Pro Home Cooks*

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Here are some of the products I use to make these recipes!

Cosori Air Fryer

<https://amzn.to/4cl6ah0>

Cosori Turbo Blaze (Steak Recipe)

<https://amzn.to/3VZqeEY>

French Fry Cutter

<https://amzn.to/45WgNL6>

Misen Chef Knife

<https://amzn.to/3Laby0M>

Air Fryer Tray/Basket

<https://amzn.to/3xSS5ym>

Air Fryer Paper Trays

<https://amzn.to/3L8YKYk>

10 inch Sardel Skillet

<https://amzn.to/3L6jefs>

10 - 12 inch Misen Saute Pan

<https://amzn.to/4cnlmjL>

4 QT Sardel Pot

<https://amzn.to/3Y6hpMn>

2 QT Misen Saucier Pot

<https://amzn.to/3L9t6tR>

Food Processor

<https://amzn.to/3L6sXaD>

3 Piece Pyrex Glass Bowls

<https://amzn.to/3zzMoWy>

Plastic Spatula

<https://amzn.to/3VNq8A7>

Plastic Containers

<https://amzn.to/3RS0x64>

Micrograter

<https://amzn.to/3W5HLMK>

8 oz Mason Jars

<https://amzn.to/3RMoi11>

16 oz Mason Jars

<https://amzn.to/3L6GqPs>

24 oz Mason Jars

<https://amzn.to/3L78d2j>

Box Grater

<https://amzn.to/4eLEdqs>

Measuring Cups (Dry)

<https://amzn.to/3xv0A2M>

Here are some of the products I use to make these recipes!

Measuring Cup (Liquid)

<https://amzn.to/3LdwfZq>

Measuring Cup & Spoon Set

<https://amzn.to/3zAfdlH>

Lemon/Citrus Press

<https://amzn.to/4cLilo0>

Pectin

<https://amzn.to/3L5Hmnk>

Colander

<https://amzn.to/3RSqLAG>

Ladle

<https://amzn.to/3W5NMZT>

Masher

<https://amzn.to/3W7HB7R>

Silicone Baking Mat

<https://amzn.to/45NuM5A>

Half Sheet Pan Wire Rack

<https://amzn.to/4cLNk8H>

Half Baking Sheet Pan

<https://amzn.to/4e0OCTZ>

Silicone Pastry Brush

<https://amzn.to/3LdxYHO>

Stasher Bags

<https://amzn.to/3VMaIMp>

Instant Pot/Slow Cooker

<https://amzn.to/3XNAxON>

Tongs

<https://amzn.to/4cNu76r>

Wooden Rolling Pin

<https://amzn.to/3zsjZ4U>

Cutting Board

<https://amzn.to/4cOxcDz>

Dehydrated Strawberry Powder

<https://amzn.to/4cosZqr>

Apple Corer

<https://amzn.to/45WF9Eh>

Aluminum Foil

<https://amzn.to/3S1pi1u>

Testimonials



@sheakielknowles1444

Used the cornflake version, it was delicious, great crunch and taste. thanks for the tutorial.



@nursescientist2520

I just tried the falafel...game changer! Thank you so much. I love (deep fried) falafel, but it does not like me. You have made me so happy.



@billduquaine1363

Never would have thought corn flakes but MAN is that good. So easy.



@denacrescini1990

I made salmon in my air fryer last night for the first time. I was AMAZED at how good it came out! Moist and wonderful! It was one of the best cooked pieces of fish I had ever done!



@adriankaritorres7301

Frozen broccoli in the air fryer is a staple in our house!



@chadtastic

Just made this salmon for my wife. Thank you!! She said it was the best she has ever had. I didn't have time to let it sit overnight but it was in the fridge for 4 hours and seemed to work.



@tylerryandaughtry

Just tried the soy sauce chicken recipe. It was an absolute banger. That's I'm my rotation for sure.



@juliehan5097

I made the soy sauce chicken recipe tonight and it was FANTASTIC. I was skeptical that such a short ingredient list could be anything more than just "okay" or "good," and boy was I proven wrong. I followed your lead and made my own 5-spice powder, which I thought also made a huge difference in flavor. Thanks for the video!



@counterpoiseag6068

So far I've made the wings, sprouts, and falafel and everything has been on point!! Thx so much for these recipes! I'm officially an air fryer convert



@josh santiago6139

So practical! My family will love these recipes, especially the chicken wings. You gave me some new menu items to serve up during the week. Thank you for sharing!



@hichrispery

Pork belly in the air fryer is the best way I've ever had it and I've had A LOT

The **Ultimate** **Air Fryer** **Cookbook**

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