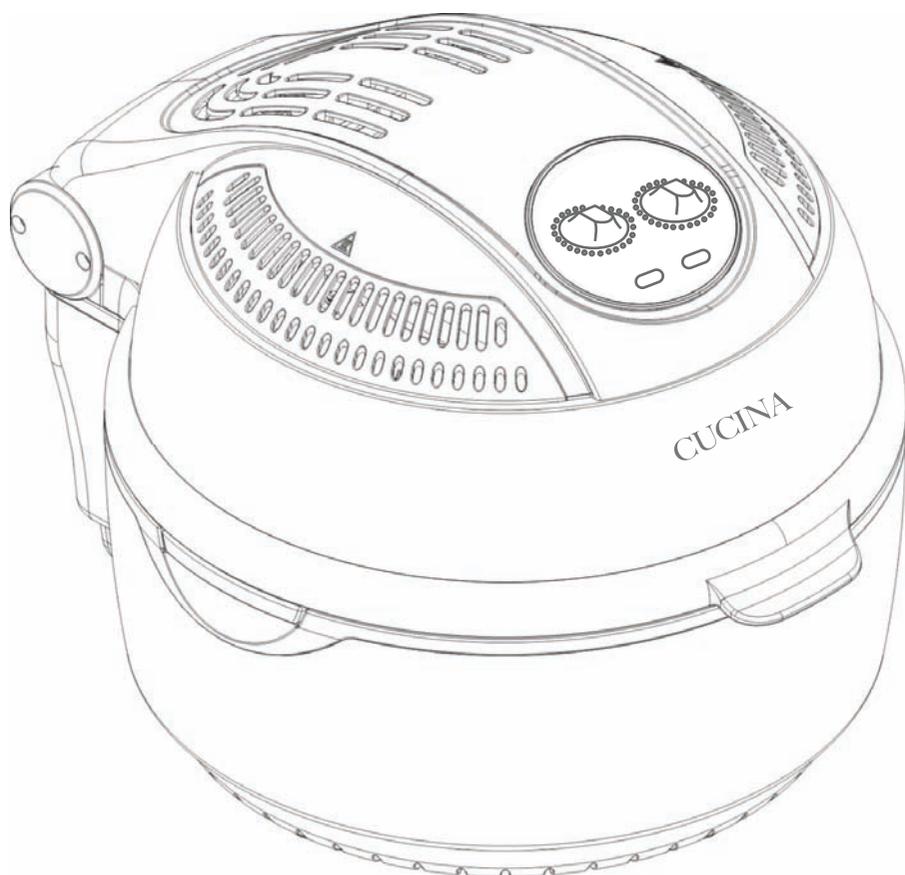


CUCINA
by *Giani*



Turbo Air Fryer

Recipe Booklet

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Steak

Ingredients:

Steak
Cucumber
Carrot
Garlic
Salt
Black pepper

Preparation method:

1. Pickle steak with sauce, set aside.
2. Cook cucumber and carrot, put on the dish. (can add a little butter and salt mix well)
3. Put the steak into the steak frame, and then put in the air-fryer, select 190°C, and cook for 15 mins. Alternatively, use the high rack to cook.



Baked Soft Rib

Ingredients:

Beef rib
Black pepper
Garlic powder
Paprika
Salt

Preparation method:

1. Cut the beef rib into segments, about an inch long, then string them up with the skewer rack, alternatively put them in the baking pan.
2. Sprinkle with the flavoring powder (black pepper, garlic powder & paprika), then put in the air-fryer, select 200°C, and cook for 10 -15 minutes.



Roast Chicken

Ingredients:

Chicken
Light soy sauce
Barbecue paste
Green Chinese onion
Black pepper
Chilli Oil
Ginger
Garlic
Salt



Preparation method:

1. Clean the chicken, use the garlic, ginger, chilli oil, barbecue paste, and soy sauce to make the marinade, put the chicken in the marinade for a couple of hours in the fridge.
2. Put the chicken on the chicken fork (or use the low rack) and fill the chicken belly with the green Chinese onions and seasoning. Tie it with toothpicks.
3. Select 200°C and bake for 25-30 minutes.

Roast Chicken Wings

Ingredients:

Chicken wings
Barbecue paste
Potatoes
Parsley
Honey



Preparation method:

1. Potatoes peeled, cut into cubes and put on a baking tray.
2. Pickle the chicken wings with the barbecue paste for about 30-60mins, then put them on the potatoes.
3. Put in the air-fryer, select 200°C and bake for 25-30mins. During the process, after 10 mins open and brush with honey, turn once.
4. Sprinkle with parsley.

Pizza

Ingredients:

Plain flour 500g
Yeast 2.5g
Milk 300g
Salt 4g
Olive oil 20g
Onion
Minced Meat
(pre cooked)
Green peppers
Yellow peppers
Red peppers
Mozzarella Cheese
Pizza Base Sauce



Preparation method:

1. In a bowl, pour the milk, flour, yeast and salt. Knead into a dough and then let it stand for 20 minutes.
2. Knead the dough from the outside in until it becomes smooth, then wrap with cling film and let it stand for a further 20-30 minutes at room temperature and then refrigerate overnight.
3. Remove from the fridge and allow the dough to stand for a further 20 minutes at room temperature. Roll and press it flat to around 0.5cm thick.
4. Brush a layer of olive oil on the base of the pan. Put the dough into the pan. Brush a layer of olive oil on the surface of the dough and poke some holes along the surface with a fork.
5. Let the dough stand at room temperature for a further 15 minutes and then put into the air-fryer. Select 200°C and cook for 10-15 minutes.
6. Put onions, green/yellow/red peppers, and the minced meat (pre cooked) into the air-fryer and select 180°C and bake for 5 minutes.
7. Spread the pizza base sauce on the dough and sprinkle a layer of mozzarella cheese, followed by the toppings, then another layer of mozzarella. Add a touch of salt and pepper for added taste and put back into the air-fryer at 200°C for 15 minutes.
8. Remove pizza once cooked and cut into slices. Serve hot and enjoy.

French Fries

Ingredients:

Potato
Egg
Salt
Tomato sauce
Custard powder



Preparation method:

1. Wash the potatoes, peel and slice them into strips.
2. Soak the chips in salt water for 10 minutes.
3. Remove the chips from the salt water and drain off the moisture then put into a bowl. Add the salt, egg white and custard powder and stir well.
4. Put the chips into the baking cage then put into the air-fryer. Select 230°C and cook for 15-20 minutes.

Baked Shrimp

Ingredients:

Shrimps
Black pepper
Olive oil
Salt



Preparation method:

1. Wash the shrimps and put in a bowl, add a little olive oil and salt and allow to pickle for 10 minutes.
2. String the shrimps with a skewer rack, or use the high rack, and put into the air-fryer. Select 200°C and bake for 10-15 minutes.
3. After they are baked, sprinkle with ground black pepper.

Matcha (green tea) Cheese Cake

Ingredients:

Cream cheese	150g
Butter	100g
Milk	150g
Matcha powder (green tea)	6g
Corn flour	20g
Cake flour	15g
Yolk	40g
Egg white	120g
Berry sugar	70g



Preparation method:

1. Melt the cream cheese and Butter, stirring evenly.
2. Stir the matcha powder into the cream cheese with a sieve and add the egg yolk and 35g sugar.
3. Stir the egg white with the sugar until it foams, stir in the cheese batter in two batches.
4. Pour the batter into a mould, put into the air-fryer and select 180°C and cook for 20 minutes.

Pumpkin Cookies

Ingredients:

Pumpkin puree	300g
Flour	100g
Butter	60g
Sugar	20g
One egg	
Cinnamon	
Nutmeg powder	



Preparation method:

1. Melt the butter and add the pumpkin puree and stir.
2. Add the sugar, cinnamon, nutmeg powder and flour.
3. Stir evenly into a soft pumpkin puree.
4. Add the mixture to a piping bag and pipe the cookies onto a baking tray.
5. Put in the air-fryer, select 180°C and cook for 10 - 15 minutes.

Roast Cashew Nuts / Coffee Beans

Ingredient:

Cashew nuts/coffee beans

Preparation method:

1. Put the cashew nuts/coffee beans into the baking cage, then put in the air-fryer
2. Select 200-230°C. Cook the cashew nuts for about 5-8 minutes; Coffee beans for about 15-20 minutes.



French Brulee

Ingredients:

Milk 100ML
2 egg yolks
Light cream 150ML
Sugar 30g
Vanilla Pod



Preparation process:

1. Add the milk, light cream, egg yolks, and a few drops of vanilla extract into a bowl, whip uniformly, heat to simmer with a soft flame and stir in 20g of sugar and dissolve.
2. Pour into baking cups, select 180-200 C (according to the size of the baking cups), and cook for 25 - 30 minutes.
3. Take them out of the air-fryer, cool a while, sprinkle with sugar evenly on the surface, use a heat gun to burn the surface until it becomes a caramel colour.

Croissants

Preparation Method:

1. Put the Croissants onto the low/high rack, select 180°C and cook in the air-fryer for 10 - 15 minutes.

