

50 AirChef Recipes

What's on the menu?



AirChef Introduction

Air Frying Oven *The Healthier Way To Fry*

For 50 years, Kambrook has been synonymous with quality appliances that combine more features and value than consumers might expect at such affordable prices.

Today, Kambrook's ever-expanding range includes the Air Chef air frying oven. The Air Chef is a great versatile addition to your kitchen. This hybrid appliance (combination of a deep fryer and a convection oven) will allow you to fry, bake, roast, and grill. It is a healthy alternative to deep-frying: add only a little or no oil, and fat drips through the basket away from the food when cooking.

The Air Chef is very easy to use; simply set the temperature control dial and the timer dial to start cooking. It also includes an auto cut-out for safety which pauses the cooking process when the basket is removed during use, then resumes when fitted back into place.

To help get you started on your cooking journey, the Kambrook team have created 50 recipes specifically for you and your Air Chef. Enjoy!



AirChef

KAMBROOK

The Chef Behind the Recipes

Garth Haliburton *Chef*

Garth has nearly 20 years' experience in the hospitality industry and has worked as a head chef across some of Sydney's top restaurants and hotels.

Most recently he held the combined positions of operations manager, head chef and cooking class

presenter at the Hospitality Establishment. Garth has created a collection of recipes tailor-made for the Air Chef.

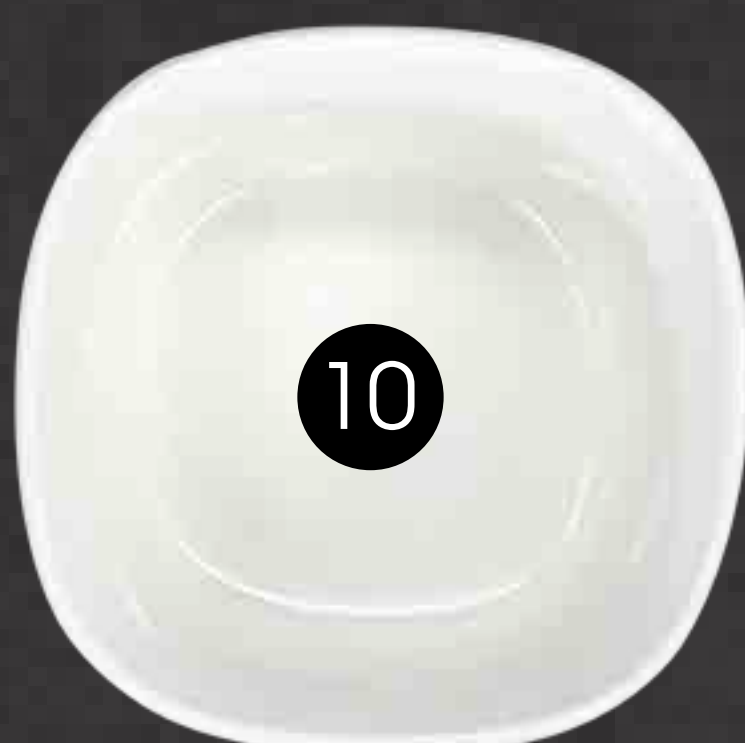
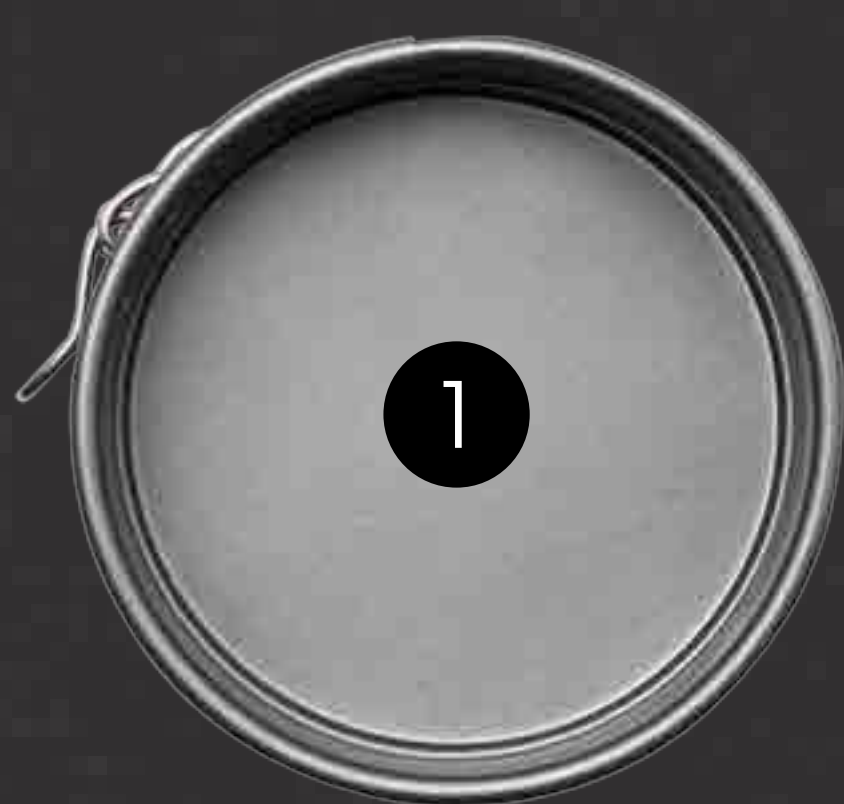
We hope you enjoy them.



Handy Helpers

Oven-proof dishes such as baking pans and ceramic cookware to suit the Air Chef can be found in most homeware stores and supermarkets.

As a reference, a small selection of some of the ovenproof dishes used in our Air Chef recipes can be found below, including detailed measurements.



1. 12cm springform pan
2. 12.5cm pie pan
3. 11cm Bundt cake pan
4. 7cm round tartlet pan
5. 12 x 7cm loaf pan
6. 11 x 6cm rectangular tartlet pan
7. 7.5 x 7.5cm square pan
8. 10cm heart pan
9. 11.5cm glass dish
10. 13.5 x 13.5cm square ceramic dish
11. 15.5 x 10.5cm ceramic dish

Recipes

Click on the recipe or food category to view the recipe.

Appetizers

Spanish-Style Baked Eggs
Vegetable Frittata
Homemade Sausage Rolls
Calzone Pizza
Potato and Pea Samosas
Hot Chicken Wings with Blue Cheese Sauce
Potato Croquettes
Mushroom Arancini Balls
Baked Brie and Prosciutto Parcels

Light Meals and Sides

Caramelised Onion, Spinach and Ricotta Quiche
Homemade Spicy Potato Wedges with Skin
Spiced Chickpeas
Baked Brussels Sprouts with Speck and Aioli
Stuffed Capsicum with Risoni
Stuffed Mushrooms
Roast Winter Vegetables

Bread

Damper
Bread Loaf/Dinner Rolls
Naan Bread

Seafood

Homemade Crumbed Fish
Fish in a Bag
Grilled Garlic and Chilli Prawns
Mediterranean Baby Octopus Salad
Whole Baked Trout

Fried Snapper with Three Flavour Sauce
Grilled Barramundi with Lemon Butter Sauce
Seafood Pie

Meat

Rosemary and Garlic Lamb Cutlets
Roast Beef
Spicy Chicken Drumsticks
Pork Belly
Hamburger Patties
Bangers and Mash
Chicken Schnitzel Parmigiana
Harissa Mini Lamb Leg Roast
Thai Style Chicken Breast
Portuguese Chicken
Stuffed Chicken Breast with Prosciutto, Semi-dried Tomatoes and Brie Cheese
Roast Spatchcock with Sage Stuffing
Chicken and Chorizo Hot Pot

Desserts

Apple and Wild Berry Crumble
Apple and Cinnamon Muffins
Strawberries and Cream Sponge Cake
Giant White Chocolate and Macadamia Nut Cookies
Sticky Date Pudding
Passionfruit Soufflé
Chocolate Brownies
Chocolate and Peanut Butter Fondants with Salted Praline
Chocolate and Hazelnut Scrolls
Lamingtons



Appetizers

Appetizers

Spanish-Style Baked Eggs

Vegetable Frittata

Homemade Sausage Rolls

Calzone Pizza

Potato and Pea Samosas

Hot Chicken Wings with Blue Cheese Sauce

Potato Croquettes

Mushroom Arancini Balls

Baked Brie and Prosciutto Parcels

Spanish-Style Baked Eggs

Prep time
15 min

Cook time
10 min

Ready in
25 min

Serves
2



Recipes



Ingredients

1 chorizo sausage, sliced
3 shallots, chopped
1 red chilli, seeds removed, chopped
1 garlic clove, chopped
1 x 400g can diced tomatoes
10 capers
1 tbsp red wine vinegar
3 tbsp chopped fresh flat parsley
1 handful baby spinach
4 eggs
Crusty bread, to serve

Method

1. Preheat the Air Chef to 180°C.
2. Heat a frypan and sauté the chorizo sausage for 3 minutes. Add the shallots, chilli, and garlic and sauté for 3 additional minutes. Add tomatoes, capers, vinegar and parsley bringing them up to a boil, then turn down to a simmer for 3 minutes. Stir through the baby spinach.
3. Remove from the heat and spoon into 2 x 12cm ovenproof dishes. Make two wells in the mixture of each dish and break an egg into each well.
4. Place one of the prepared dishes into the Air Chef basket and bake for 10 minutes, until the eggs are just set or cooked to your liking.
5. Repeat step 4 with the second dish.
6. Serve with crusty bread.

Vegetable Frittata

Prep time	Cook time	Ready in	Serves
15 min	15 min	30 min	2



Recipes



Ingredients

4 eggs
¼ cup milk
Salt and pepper to taste
½ tbsp olive oil
1 zucchini, sliced into small pieces
½ bunch asparagus, thinly sliced
½ cup sliced mushrooms
¼ red onion, sliced
½ cup baby spinach
¼ cup grated cheddar
75g feta cheese, crumbled
¼ bunch fresh chives, chopped

Method

1. Preheat the Air Chef to 160°C.
2. Line a small (12 to 15cm) loaf pan with baking paper.
3. In a bowl, mix eggs, milk and salt and pepper together.
4. Heat the olive oil in a large frypan and sauté the zucchini, asparagus, mushrooms, onion, and baby spinach for a few minutes. Place into the loaf pan and pour egg mixture over the vegetables. Sprinkle with cheddar and feta.
5. Place the loaf pan into the Air Chef basket and cook for 15 minutes. Allow to cool before serving. Garnish with fresh chives.

Homemade Sausage Rolls

Prep time
10 min

Cook time
12 min

Ready in
22 min

Serves
2



Recipes



Ingredients

2 sheets puff pastry
4 gourmet sausages
1 egg, whisked
2 tbsp tomato relish, to serve

Method

1. Preheat the Air Chef to 180°C.
2. Lay pastry out on the bench. Remove the sausage meat from its skin by squeezing from one end or making an incision down the length of the sausage. Lay the meat along the bottom of the pastry.
3. Roll pastry over the sausage, making sure it is quite tight.
4. Trim the excess pastry and cut the sausage roll into 2-4 pieces depending on how large you want each piece to be. Brush with the egg. Place in the Air Chef basket and cook for 12 minutes, or until brown and crisp.
5. Serve with tomato relish.

Calzone Pizza

Prep time
15 min*

Cook time
12 min

Ready in
27 min*

Serves
2



Recipes

*Not including resting time: 1 hour



Ingredients

Dough

- ½ tsp white sugar
- 1 tbsp dry yeast
- 1 cup warm water
- 3 cups plain flour
- 1 tsp salt
- 1 tbsp vegetable oil

Toppings

- 2 tbsp tomato pizza sauce
- 50g mozzarella, shredded
- 3 slices chorizo salami
- 1 slice pancetta
- 1 tsp dried oregano
- Oil spray

Method

1. Place sugar, yeast and water in a bowl. Mix together and allow to rest for 5 minutes; it should go frothy.
2. Sift flour and salt into a second bowl and pour into the yeast mix. Add the oil and knead until smooth and stretchy in texture. This can take about 8-10 minutes.
3. Place dough in a greased bowl and cover with a clean tea towel. Place in a warm, draught-free location and allow the dough to rest for 1 hour or until it doubles in size.
4. Roll out the dough on a floured bench to about 1cm in thickness.
5. Preheat the Air Chef to 180°C.
6. Spoon the tomato pizza sauce over the base, leaving a 1cm border around the edge. On one half of the base, sprinkle half the mozzarella. Lay chorizo and pancetta on top of the cheese. Top with the remaining mozzarella and dried oregano.
7. Fold the other half of the base over, creating a semi-circle. Pleat the edges of the calzone so it forms a sealed pocket, stopping the cheese from oozing out.
8. Lightly spray the calzone with oil and place into the Air Chef basket. Bake for 12 minutes, or until a golden crisp crust forms.

Potato and Pea Samosas

Prep time
30 min

Cook time
15 min

Ready in
45 min

Serves
12 pcs



Recipes



Ingredients

2 tbsp vegetable oil
1 onion, diced
¼ cup frozen peas
2 tsp turmeric
2 tbsp garam masala
1 tbsp ground ginger
2 tbsp curry powder
Juice of ½ lemon
2 bird's eye chillies, crushed
Salt, to taste
1kg potatoes, peeled, boiled and mashed
½ bunch fresh coriander leaves, chopped
1 packet ready-made filo pastry
Oil spray

Method

1. Heat the oil in a frypan and sauté the onion for 2-3 minutes. Stir in the peas, spices, lemon juice, chilli, and salt and cook for a few more minutes.
2. Add the potatoes and coriander and cook for another 2-3 minutes.
3. Unroll the filo pastry and peel off 1 layer, keeping the rest covered with a tea towel so it does not dry out. Lay the pastry sheet flat on a clean surface and spray with oil. Fold in one third of the pastry lengthways towards the middle. Spray again with oil and fold in the other side to make a long triple-layered strip.
4. Place a spoonful of the filling at one end of the pastry, fold the pastry with the filling to form a triangle. Fold again to enclose the triangle and create more layers. Keep folding in this way until you reach the end of the strip of pastry.
5. Preheat the Air Chef to 180°C.
6. Place the samosas in the Air Chef basket and fry for 15 minutes, or until golden.

Hot Chicken Wings with Blue Cheese Sauce

Prep time	Cook time	Ready in	Serves
15 min*	30 min	45 min*	4



Recipes

*Not including marinate time: 2 hours



Ingredients

Wings Sauce

150g butter
2 tbsp paprika
2 tsp ground cumin
1 bottle (150ml) Frank's RedHot Sauce
1 tbsp onion powder
1 tbsp garlic powder
2 tbsp maple syrup
1kg chicken wings, tips removed and cut in half

Blue Cheese Sauce

½ cup sour cream
½ cup crumbled blue cheese
¼ cup mayonnaise
1 tsp garlic powder
1 tsp onion powder
1 tbsp buttermilk
1 tsp cayenne pepper
1 tsp white wine vinegar
1 tsp Worcestershire sauce
Salt and pepper

Method

1. For the wings sauce, heat butter in a pan and mix in the paprika, cumin, hot sauce, onion and garlic powders, and maple syrup. Heat for 5 minutes until the sauce reduces. Allow to cool.
2. Save half of the wing sauce for serving. Pour the rest of the sauce over the chicken wings. Allow to marinate for 2 hours.
3. To make blue cheese sauce, place all the ingredients into a jug. Use a stick mixer to blend for 40 seconds or until there are no large lumps. Adjust seasoning if needed.
4. Preheat the Air Chef to 180°C.
5. Place the wings into the Air Chef basket and cook for 30 minutes. Shake wings every 5 minutes to ensure even cooking. Cooking times will vary depending on the size of the wings.
6. Pour the remaining sauce over the cooked wings. Serve with the blue cheese sauce.



Frank's® RedHot® Original Cayenne Pepper Sauce can be found in most major supermarkets otherwise substitute with a chilli sauce

Potato Croquettes

Prep time
15 min

Cook time
15 min

Ready in
30 min

Serves
12 pcs



Recipes



Ingredients

Potato Filling

50g parmesan cheese, grated
300g mashed potatoes (warm)
1 egg yolk
1 tbsp flour
2 tbsp finely chopped fresh chives
Salt and pepper

Breadcrumb Coating

2 tbsp vegetable oil
100g breadcrumbs

Method

1. Mix all of the potato filling ingredients together in a large bowl and set aside.
2. For the breadcrumb coating, mix the oil and the breadcrumbs together. Stir until the mixture becomes crumbly again.
3. Preheat the Air Chef to 170°C.
4. Roll the potato filling into a long log and cut into 3cm pieces. Roll each piece into breadcrumbs until completely coated.
5. Place the croquettes into the Air Chef basket, and fry for 15 minutes, or until they are crispy and brown. Toss every 5 minutes to ensure even cooking.

Mushroom Arancini Balls

Prep time
30 min

Cook time
15 min

Ready in
45 min

Serves
30 pcs



Recipes



Ingredients

50ml olive oil
½ onion, diced
2 cloves garlic, crushed
200g mushrooms, diced
250g Arborio rice
750ml chicken stock
½ bunch thyme, chopped
100g parmesan cheese
100g breadcrumbs
40ml vegetable oil
Salt and pepper

Method

1. Heat the olive oil in a large saucepan and sauté the onion until slightly browned. Add the garlic and cook for another minute. Add mushrooms and cook until moisture has evaporated. Add rice and fry for 5 minutes, stirring constantly.
2. Add stock and thyme, and cook until rice is soft and has absorbed the stock.
3. Mix in parmesan cheese and season well with salt and pepper. Set mixture aside to cool.
4. Roll heaped teaspoons of the rice mixture into balls and allow to set in the fridge.
5. Preheat the Air Chef to 180°C.
6. Mix the vegetable oil and the breadcrumbs together. Stir until the mixture becomes crumbly again.
7. Roll balls in breadcrumbs.
8. Place the balls in the Air Chef basket and cook for 15 minutes, or until crispy and golden brown. Toss every 5 minutes so it cooks evenly.
9. Repeat step 8 until all arancini balls have been cooked. Serve with basil aioli.

Baked Brie and Prosciutto Parcels

Prep time	Cook time	Ready in	Serves
15 min	10 min	25 min	2



Recipes



Ingredients

150g brie cheese
2 slices prosciutto
1 sheet puff pastry
2 green shallot sprigs
1 egg
Handful of rocket

Red wine caramel

2 cups red wine
1 cup sugar

Method

1. To make red wine caramel, place sugar and wine in a pot and reduce by half, or until thick and syrupy. Allow to cool before use.
2. Preheat the Air Chef to 200°C.
3. Cut brie in half horizontally (so you have two identical circles of cheese) and wrap a slice of prosciutto around each piece.
4. Lay pastry sheet out and cut on the diagonal making two large triangles.
5. Lay one of the brie pieces on the pastry triangle, cut side down.
6. Sprinkle sliced green shallot on top and fold corners over to encase brie. Ensure cheese is completely covered by the pastry or it will melt out. Brush with egg wash.
7. Place the parcels in the Air Chef basket and bake for 10 minutes, or until golden brown.
8. To serve, drizzle red wine caramel on plate, lay a bed of rocket, and place brie parcel on top.



Light Meals and Sides

Light Meals and Sides

Caramelised Onion, Spinach and Ricotta Quiche

Homemade Spicy Potato Wedges with Skin

Spiced Chickpeas

Baked Brussels Sprouts with Speck and Aioli

Stuffed Capsicum with Risoni

Stuffed Mushrooms

Roast Winter Vegetables

Caramelised Onion, Spinach and Ricotta Quiche

Prep time

15 min

Cook time

15 min

Ready in

30 min

Serves

2



Recipes



Ingredients

2 tbsp olive oil
2 red onions, sliced
1 garlic clove, crushed
400g baby spinach leaves
¼ cup grated parmesan cheese
¼ bunch thyme, chopped
1 tbsp thickened cream
Salt and pepper
1 sheet puff pastry
2 eggs
2 tbsp thickened cream
60g Persian feta, crumbled

Method

1. Preheat the Air Chef to 180°C.
2. Heat half of the olive oil in a frypan on low heat. Sauté the red onions about 5 minutes until they start to break down. Set aside.
3. Heat the remaining oil and cook garlic for 2 minutes. Wilt the spinach in the pan for 30 seconds, drain and squeeze out all the excess liquid thoroughly.
4. Mix the garlic and spinach with the parmesan cheese, thyme, cream, and season with salt and pepper.
5. Place the puff pastry sheet over a 15cm quiche pan, pressing the pastry into the corners and cutting away any excess.
6. Mix together the egg, cream, and spinach mixture and pour into the pastry case.
7. Place in the Air Chef basket and bake for 10 minutes, or until it just starts to colour and the eggs are set.
8. Top with the caramelised onion and feta and allow to bake until the feta starts to colour.

Homemade Spicy Potato Wedges with Skin

Prep time
25 min

Cook time
30 min

Ready in
55 min

Serves
2



Recipes



Ingredients

4 medium potatoes
1 tsp smoked paprika
½ tsp cayenne pepper
1 tbsp cajun spice mix
1 tsp sea salt
1 tsp cracked black pepper
1 tsp ground cumin
1 tsp ground coriander
2 tbsp olive oil

Method

1. Wash potatoes and cut into even sized wedges. In a large pot, boil until slightly soft but still firm, about 5 minutes.
2. Drain the potatoes, set aside to cool down and dry out.
3. Preheat the Air Chef to 200°C.
4. Mix all the spices and salt in a bowl with the olive oil.
5. Toss the wedges in the spice mix until evenly coated and place in the Air Chef basket. Fry for 30 minutes. Toss every 5 minutes so the wedges cook evenly.
6. Lay out on paper towel to soak up any oil. Season again with salt before serving.

Spiced Chickpeas

Prep time
5 min

Cook time
10 min

Ready in
15 min

Serves
2



Recipes



Ingredients

- 1 can cooked chickpeas
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp cayenne pepper
- ½ tsp all spice
- 1 tsp garam masala
- 1 tsp salt
- 1 tbsp olive oil

Method

1. Preheat the Air Chef to 200°C.
2. Drain chickpeas and rinse, pat dry.
3. In a bowl, mix spices and salt with olive oil, and then add chickpeas.
4. Place the coated chickpeas into the Air Chef basket and roast for 10 minutes, or until toasted. Toss every 3 minutes when cooking for even results. Be careful when opening the basket, as some chickpeas may pop.
5. Serve immediately (chickpeas will get soggy if left to cool down for too long).

Baked Brussels Sprouts with Speck and Garlic Aioli

Prep time
15 min

Cook time
5 min

Ready in
20 min

Serves
4



Recipes



Ingredients

500g Brussels sprouts
1 tbsp olive oil
100g speck, chopped
Pinch salt
Pinch pepper

Aioli Sauce

½ cup whole egg mayonnaise
3 cloves roasted garlic, crushed
1 tsp cayenne pepper
1 tsp lemon juice
Pinch salt
Pinch pepper

Method

1. Fill a large pot of water and bring to the boil.
2. Prepare the Brussels sprouts by trimming the base and removing any excess leaves. Cut in half lengthways and blanch them in the boiling water for 3 minutes. Remove and drain.
3. Preheat the Air Chef to 180°C.
4. In a frypan, heat olive oil and fry the speck until it starts to brown. Add sprouts and season with salt and pepper.
5. Place in the Air Chef basket and bake for 5 minutes, or until golden.
6. Make the aioli sauce by mixing mayonnaise, roasted garlic, cayenne pepper, lemon juice, salt and pepper in a bowl, and serve with the Brussels sprouts.

Stuffed Capsicum with Risoni

Prep time
20 min

Cook time
20 min

Ready in
40 min

Serves
4



Recipes



Ingredients

2 red capsicums
¼ cup olive oil
Salt and pepper
60g goat cheese
½ punnet cherry tomatoes
½ red onion, diced
Zest of ½ lemon
¼ bunch fresh basil
200g cooked risoni
1 tbsp parmesan cheese

Method

1. Preheat the Air Chef to 180°C.
2. Cut capsicums in half lengthwise and remove all seeds and membrane.
3. Drizzle with olive oil and season with salt and pepper. Place the halves in the Air Chef basket, and roast for 5 minutes to soften them slightly.
4. Mix goat cheese, cherry tomatoes, red onion, lemon zest, and fresh basil with the risoni. Season to taste, and spoon into the capsicums halves.
5. Sprinkle parmesan cheese over the top.
6. Return to the Air Chef and bake for 15 minutes or until capsicum is soft.



Chef Tip

Goat cheese can be substituted with feta cheese

Stuffed Mushrooms

Prep time
10 min

Cook time
10 min

Ready in
20 min

Serves
4



Recipes



Ingredients

150g feta cheese, crumbled
50g semi-dried tomatoes, finely chopped
2 tbsp chopped basil leaves (about 7 leaves)
1 tbsp pine nuts, toasted
1/3 cup olive oil
1 tbsp red wine vinegar
4 large mushrooms, stalks removed
1 tbsp grated parmesan cheese

Method

1. For filling combine feta, tomatoes, basil, pine nuts, half of the oil, and vinegar in a bowl. Cover and set aside.
2. Preheat the Air Chef to 200°C.
3. Drizzle mushrooms with remaining oil and place in the Air Chef basket to cook for 5 minutes.
4. Once tender, spoon the mixture into the mushrooms, season with salt and pepper, and top with parmesan cheese. Cook for another few minutes until lightly browned.

Roast Winter Vegetables

Prep time
10 min

Cook time
30 min

Ready in
40 min

Serves
4



Recipes



Ingredients

150g parsnips, peeled and cut into wedges
150g celeriac, peeled and cut into large wedges
150g Kent pumpkin, peeled and cut into large pieces
150g sweet potatoes, peeled and cut into wedges
½ bunch Dutch carrots, washed and cut in half
¼ bunch fresh thyme
2 sprigs rosemary
1 tbsp olive oil
Pinch sea salt
Cracked black pepper, to taste

Method

1. Preheat the Air Chef to 200°C.
2. Mix the vegetables with thyme, rosemary, olive oil, sea salt, and pepper.
3. Place into the Air Chef basket and roast for 30 minutes, or until the vegetables are nicely browned. Toss every 5 minutes to ensure even cooking.



Recipes

Bread

Bread

Damper

Bread Loaf/Dinner Rolls

Naan Bread

Damper

Prep time
15 min

Cook time
25 min

Ready in
40 min

Serves
2 loaves



Recipes



Ingredients

2 cups self-raising flour
Pinch of caster sugar
Pinch of salt
1 tbsp butter
1 cup milk
Extra self-raising flour, for dusting

Method

1. Preheat the Air Chef to 200°C.
2. Sift the flour, caster sugar and salt together in a large mixing bowl. Rub the butter into the flour mixture with your fingertips.
3. Make a well in the centre of the flour and gradually add the milk. Mix well. Continue adding milk until the mixture forms a soft dough.
4. Turn the dough out on a lightly floured surface and knead gently until the dough is smooth. Divide the dough in half and shape each to fit into rectangular baking pan.
5. Dust the top with a little more flour and place the dampers in the Air Chef basket. Bake for 20 - 25 minutes or until golden and cooked through. Test with a skewer, if it comes out clean it is ready.

Bread Loaf or Dinner Rolls

Prep time	Cook time	Ready in	Serves
35 min*	30 min	1 h 05	4**



Recipes

*Not including proving time: 1 h 15 min **Makes: 4 mini loaves (150g) or 8 dinner rolls (80g)



Ingredients

500g plain flour
2 tsp dry yeast
1 tsp salt
375ml lukewarm water
1 tsp poppy seeds
Melted butter, to grease



Chef Tips

- The ideal temperature for rising bread dough is around 30°C.
- The best way to tell when the loaf of bread is cooked is to tap it on the base with your knuckle: if it sounds hollow, it is cooked.
- Do not leave loaves in pans once cooked as they will sweat and the crust will become soft.

Method

1. Place the flour, yeast, and salt in a large bowl and mix well to combine. Make a well in the centre and add the water to the dry ingredients. Use a wooden spoon to stir. Once combined, use your hands to bring the dough together in the bowl.
2. Turn out the dough onto a lightly floured surface and knead for 8-10 minutes, or until smooth and elastic. Shape the dough into a ball. Brush a large bowl with melted butter. Place the dough into the bowl and turn it over to lightly brush with the melted butter. Cover the bowl with plastic film or a damp tea towel and place it in a warm, draught-free place to allow the dough to rise until doubled in size. It should take about 45 minutes.
3. Once risen, turn out the dough onto a lightly floured surface and knead again for 2-3 minutes, or until smooth and elastic and returned to its original size.
4. Divide the dough into 4 equal portions and shape each into a smooth, round ball.
5. Lightly grease 2 x mini loaf pans with melted butter.
6. Place one ball of dough into each of the greased loaf pans. Brush lightly with melted butter. Stand the pans in a warm, draught-free place, for about 30 minutes or until the dough has risen about 1cm above the top of the pan.
7. Preheat the Air Chef to 180°C.
8. Gently brush the loaves with a little water and sprinkle with poppy seeds.
9. Place in the Air Chef basket and bake for 30 minutes, or until golden and cooked through. Turn out the loaf immediately onto a wire rack and allow to cool.
10. Repeat from step 5 for the 2 remaining portions of dough.

Naan Bread

Prep time
30 min*

Cook time
5 min

Ready in
35 min*

Serves
12 pcs



Recipes

*Not including proving time: 1h 30min



Ingredients

- 1 tbsp dry yeast
- 1 cup warm water
- ¼ cup white sugar
- 3 tbsp milk
- 1 egg, beaten
- 2 tsp salt
- 3 cups flour
- ¼ cup melted butter, or ghee

Method

1. In a large bowl, dissolve yeast in warm water. Allow to stand for about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and flour. Transfer to a lightly floured bench and knead for 6-8 minutes, or until smooth. Place dough in a greased bowl and cover with a clean damp tea towel. Let it rise for 1 hour, or until the dough has doubled in volume.
2. Punch down dough, and pull off small handfuls to roll into balls. Place them on a tray, and cover with a tea towel. Allow to rise until doubled in size, about 30 minutes.
3. During the second rising, preheat the Air Chef to 200°C.
4. Flatten the balls of dough out into thin circles.
5. Place one naan at a time in the Air Chef basket, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush both sides with butter, and return to the Air Chef for another 2 to 4 minutes, until browned. Repeat with remaining Naans.



Seafood

Seafood

Homemade Crumbed Fish

Fish in a Bag

Grilled Garlic and Chilli Prawns

Mediterranean Baby Octopus Salad

Whole Baked Trout

Fried Snapper with Three Flavour Sauce

Grilled Barramundi with Lemon Butter Sauce

Seafood Pie

Homemade Crumbed Fish

Prep time
10 min

Cook time
10 min

Ready in
20 min

Serves
1



Recipes



Ingredients

1 egg
100ml milk
200g white fish fillets (such as flathead, ling, or mahi mahi)
100g flour
100g breadcrumbs
Oil spray
Hand cut chips, to serve
Tartar sauce, to serve

Method

1. Make egg wash by lightly whisking egg and milk together.
2. To crumb the fish; lightly coat in flour, dip in egg wash, and cover with breadcrumbs. Generously spray with oil.
3. Preheat the Air Chef to 180°C.
4. Place the fish in the Air Chef basket and cook for about 10 minutes, or until golden brown. Turn the fish after 5 minutes for more even results.
5. Serve with hand cut chips and tartar sauce.

Fish in a Bag

Prep time
10 min

Cook time
10 min

Ready in
20 min

Serves
2



Recipes



Ingredients

2 x 200g pieces of fish (such as snapper, barramundi, or salmon)

Juice of ½ lemon

25ml extra virgin olive oil

Choice of 3 fresh herbs (such as coriander, basil, thyme, dill, parsley)

30ml white wine

20g butter

Salt and pepper, to taste

Steamed chat potatoes, to serve

Steamed vegetables, to serve

Method

1. Place fish onto a piece of baking paper. Season with lemon, oil, herbs, wine, butter, and salt and pepper.
2. Fold the paper to form a parcel to seal in all the ingredients, then cover in aluminium foil.
3. Preheat the Air Chef to 180°C.
4. Place fish parcel into the Air Chef basket and bake for 10 minutes.
5. Allow to rest for a few minutes before opening the bag.
6. Serve with steamed chat potatoes and vegetables.

Grilled Garlic and Chilli Prawns

Prep time
20 min

Cook time
10 min

Ready in
30 min

Serves
4



Recipes



Ingredients

1 lime
2 red chillies, seeded and chopped
3 garlic cloves, crushed
3 coriander roots
5cm piece fresh ginger, grated
1 tbsp vegetable oil
½ tbsp palm sugar, or brown sugar
½ tbsp fish sauce
1 small brown onion, coarsely chopped
30 king prawns, peeled and deveined
Salt and pepper
Fresh coriander leaves, to serve

Method

1. Place the lime juice and zest, chillies, garlic, coriander roots, ginger, vegetable oil, palm sugar, fish sauce, and onion in a food processor or blender and process until smooth.
2. Place the prawns in a bowl, pour the chilli mixture over and stir to coat. Cover and refrigerate for 10 minutes.
3. Preheat the Air Chef to 200°C.
4. Place the prawns into the Air Chef basket and grill for 8-10 minutes. Toss every few minutes to make sure the prawns cook evenly. They are cooked when they turn orange.
5. Season with salt, pepper, a squeeze of fresh lime, and some fresh coriander leaves.

Mediterranean Baby Octopus Salad

Prep time
30 min

Cook time
5 min

Ready in
35 min

Serves
4



Recipes



Ingredients

1kg baby octopus, cleaned
2 cloves garlic, crushed
1 tbsp olive oil
1 red chilli, finely chopped
1 tbsp capers
½ cup semi dried tomatoes, chopped
50g grilled halloumi
¼ bunch parsley roughly chopped
¼ bunch baby fennel, chopped
½ cup pitted olives
1 red onion, sliced
1 tbsp balsamic glaze
2 handfuls rocket
Salt and pepper

Method

1. Bring a pot of water to the boil.
2. Start preparing the octopus; make sure you remove the innards of the head (focus on the neck where the beak is). Make sure the ink sack is removed. Tear in between the webbing of the tentacles to help tenderise the octopus.
3. Place the octopus into boiling water for about 45 seconds up to a minute, remove, and drain. Place garlic and olive oil in a bowl and marinate the octopus for at least 20 minutes.
4. Preheat the Air Chef to 200°C.
5. Place the octopus in the Air Chef basket and grill for 5 minutes, or until coloured slightly.
6. In a bowl, place chilli, capers, semi dried tomatoes, halloumi, parsley, fennel, olives, red onion, and balsamic glaze. Mix in baby octopus and rocket. Season with salt and pepper, and serve.

Whole Baked Trout

Prep time
10 min

Cook time
10 min

Ready in
20 min

Serves
2



Recipes



Ingredients

¼ baby bulb fennel, sliced
1 clove garlic, crushed
¼ brown onion, sliced
¼ lemon, sliced
1 sprig dill, roughly chopped
1 sprig parsley, roughly chopped
1 tbsp olive oil
300g trout, whole, cleaned and scaled
Salt and pepper

Method

1. Mix fennel, garlic, onion, lemon, dill and parsley together and drizzle with olive oil.
2. Preheat the Air Chef To 180°C.
3. Clean the cavity of the trout and fill with the mixture.
4. Wrap fish in baking paper and foil, making sure it is completely covered. Place in the Air Chef basket and cook for 10 minutes. Allow to rest before serving.

Fried Snapper with Three Flavour Sauce

Prep time
20 min

Cook time
30 min

Ready in
50 min

Serves
2



Recipes



Ingredients

1 x 500g whole baby snapper
1 tbsp fish sauce
2 tbsp peanut oil
1 tsp black pepper
½ pineapple, diced
Pinch salt
4 coriander roots
25g ginger
2 large red chillies, deseeded
3 cloves garlic
3 eshallots
1 tsp prawn paste
¼ cup vegetable oil
1 tbsp ground turmeric
250g palm sugar, or brown sugar
2 tbsp water
50 ml fish sauce
1 tbsp tamarind
Steamed jasmine rice, to serve
Thai basil, to serve

Method

1. Clean and scale the snapper if required. Combine the fish sauce, peanut oil and black pepper and marinate the fish in mixture for 10 minutes.
2. Preheat the Air Chef to 180°C.
3. Place the fish in the Air Chef basket and fry for 30 minutes, or until crispy.
4. While fish is cooking, lightly salt the pineapple and leave for 5 minutes for the juices to drain out. Squeeze any excess juice out.
5. Pound coriander roots, ginger, chilli, garlic, and eshallots to create a uniform paste with a mortar and pestle or a food processor.
6. In a medium saucepan, fry both the paste made previously and the prawn paste with vegetable oil until golden in colour.
7. Add turmeric, palm sugar, and water, and dissolve the sugar. Once the mixture begins to thicken, add fish sauce and the salted pineapple. Season with tamarind. Taste and adjust the seasoning to create a balance between spicy, sour, and sweet flavours.
8. Serve the mixture over the crispy fish with steamed jasmine rice and Thai basil.

Grilled Barramundi with Lemon Butter Sauce

Prep time
10 min

Cook time
15 min

Ready in
25 min

Serves
2



Recipes



Ingredients

2 x 200g barramundi fillets

Lemon Butter Sauce

1 eschallot, chopped

1 clove garlic, chopped

10 black peppercorns

1 bay leaf

½ cup white wine

½ cup thickened cream

250g unsalted butter

Salt and pepper

Juice of 1 lemon

Homemade spicy potato wedges,
to serve (see p. 18)

Method

1. Preheat the Air Chef to 200°C.
2. Place fish fillets in the Air Chef basket on a piece of baking paper and grill for 15 minutes.
3. In a small saucepan, sauté the eschallot and garlic. Add peppercorns, bay leaf and wine and reduce down by $\frac{3}{4}$.
4. Add cream and reduce until the sauce has thickened and turns a dark cream colour.
5. Whisk in the butter over low heat (do not boil it) until it is melted.
6. Season with salt, pepper and lemon juice. Strain.
7. Pour the lemon butter sauce over fish, and serve with spicy wedges.

Seafood Pie

Prep time
20 min

Cook time
20 min

Ready in
40 min

Serves
2



Recipes



Ingredients

300g potatoes, peeled and diced
20g butter
1 tbsp milk
½ carrot, grated
40g cheddar cheese, grated
¼ celery stick, grated
½ head baby fennel, grated
½ red chilli, chopped
2 sprigs parsley, chopped
2 sprigs bunch dill, chopped
300g seafood marinara mix
Juice of ½ lemon
Salt and pepper
½ ripe tomato, diced
Small handful baby spinach
Steamed vegetables, to serve

Method

1. Boil potatoes until soft, drain liquid and mash. Season with salt and pepper, add butter and milk and mash again until smooth.
2. Place carrot, cheese, celery, fennel and chilli in a bowl. Add parsley, dill, marinara mix, lemon juice, salt and pepper, tomato and spinach. Mix well.
3. Preheat the Air Chef to 170°C.
4. Lay half of the ingredients into a 15cm casserole dish. Level out. Spoon half the mash over the top.
5. Place in the Air Chef basket and bake for 20 minutes, or until mash is golden brown. Make sure it is hot in the middle and the seafood mix is cooked properly.
6. Repeat steps 4 and 5 with remaining ingredients.
7. Serve with steamed vegetables or a fresh garden salad.



Meat

Meat

Rosemary and Garlic Lamb Cutlets

Roast Beef

Spicy Chicken Drumsticks

Pork Belly

Hamburger Patties

Bangers and Mash

Chicken Schnitzel Parmigiana

Harissa Mini Lamb Leg Roast

Thai Style Chicken Breast

Portuguese Chicken

Stuffed Chicken Breast with Prosciutto, Semi-dried Tomatoes and Brie Cheese

Roast Spatchcock with Sage Stuffing

Chicken and Chorizo Hot Pot

Rosemary and Garlic Lamb Cutlets

Prep time
40 min

Cook time
20 min

Ready in
1 h 10 min

Serves
2



Recipes



Ingredients

2 lamb racks (with 3 cutlets per rack)
2 garlic cloves, sliced
2 long sprigs of fresh rosemary
1 tbsp honey
2 tbsp wholegrain mustard
2 tbsp mint sauce
Roasted potatoes, to serve
Steamed vegetables, to serve

Method

1. Trim any excess fat from the lamb racks. Cut small slits in the top of the lamb with a small, sharp knife. Insert slices of garlic and small pieces of rosemary into the cuts. Set aside.
2. To make marinade, whisk together honey, wholegrain mustard and mint sauce and brush over the lamb racks. Allow to marinate for 20 minutes in a cool place.
3. Preheat the Air Chef to 180°C.
4. Place the lamb racks into the Air Chef basket, basting excess sauce onto the lamb.
5. Grill for 20 minutes, basting once again during cooking with the sauce.
6. Allow to stand, covered, in a warm place for 10 minutes.
7. Slice lamb into individual cutlets and serve with roasted potatoes and seasonal vegetables.



Chef Tip

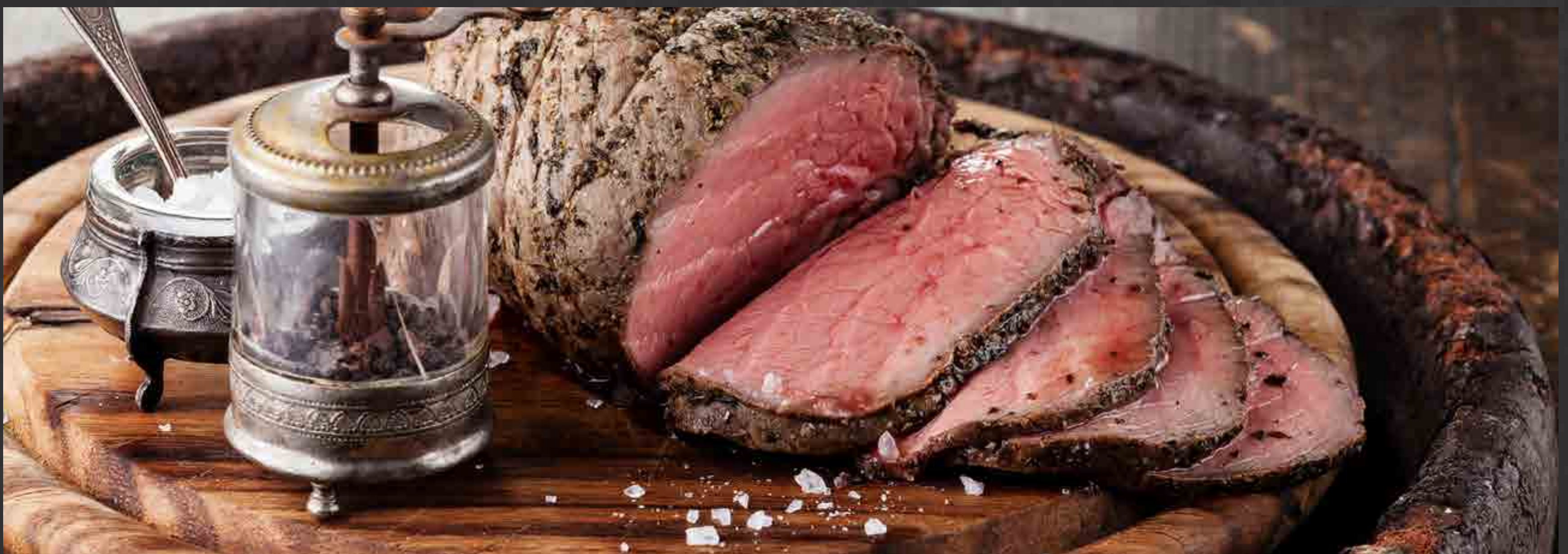
Do not forget to let the lamb rest after cooking as this allows the juices to set and stop them from coming out when slicing the meat.

Roast Beef

Prep time	Cook time	Ready in	Serves
5 min	30 min	50 min	2



Recipes



Ingredients

600-700g mini roast beef
1 tbsp Dijon mustard
1 tbsp olive oil
1 tbsp sea salt
Cracked pepper
½ bunch rosemary

Method

1. Preheat the Air Chef to 180°C.
2. Rub the beef with mustard and olive oil. Sprinkle with salt and pepper.
3. Place rosemary leaves on top of the roast and in the bottom of the Air Chef basket.
4. Place the beef in the Air Chef basket and roast for at least 30 minutes.
5. Allow to rest for 15 minutes before slicing.



Chef Tip

Once timer goes off, check to see if the meat is hot in the inside by inserting a meat thermometer. The temperature should be: 60°C rare, 65°C medium-rare, 70°C medium, 75°C well done.

Spicy Chicken Drumsticks

Prep time
25 min

Cook time
20 min

Ready in
45 min

Serves
3



Recipes



Ingredients

- 1 tsp garlic powder
- 1 tbsp chili sambal
- 1 tsp onion powder
- 1 tbsp brown sugar
- 1 tbsp sweet paprika
- 2 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper
- 6 chicken drumsticks
- Fresh lime, to serve

Method

1. Place garlic powder, chili sambal, onion powder, brown sugar, paprika, oregano, olive oil, salt and pepper in a large bowl and mix together with the chicken.
2. Make a few cuts on the thick part of the legs to help the marinade penetrate the chicken and speed up the cooking time. Rub the drumsticks with the marinade and set aside for at least 20 minutes.
3. Preheat the Air Chef to 200°C.
4. Place the drumsticks in the Air Chef basket and roast for 20 minutes, or until the drumsticks are brown. Cooking time may vary depending on the thickness of the drumsticks.
5. Serve with fresh lime.

Pork Belly

Prep time
10 min

Cook time
1 h 30 min

Ready in
1 h 40 min

Serves
4



Recipes



Ingredients

½ bunch thyme
1 brown onion, chopped
1 lemon, sliced
3 cloves garlic
3 cups water
100ml apple cider vinegar
1 kg pork belly
Pinch sea salt

Method

1. Preheat the Air Chef to 180°C.
2. Place thyme, onion, lemon, garlic, water and vinegar in the bottom of the Air Chef. Carefully place the pork belly over, skin side up. Sprinkle with sea salt.
3. Braise for 1 hour 30 minutes, or until the skin starts to crackle. Note, the timer will need to be reset after each 30 minute period.
4. Transfer the pork belly to a cutting board and slice into desired serving pieces.



Chef Tip

If using store-bought already cooked pork belly, simply grill in the Air Chef for 45 minutes at 180°C.

Hamburger Patties

Prep time
10 min

Cook time
8 min

Ready in
18 min

Serves
10 pcs



Recipes



Ingredients

1kg beef mince
½ cup breadcrumbs
1 tsp garlic powder
1 small brown onion, finely diced
1 tbsp BBQ sauce
1 tbsp tomato sauce
½ tbsp Worcestershire sauce
¼ bunch parsley, chopped
1 egg
Salt and pepper

Method

1. In a large bowl, place the mince, breadcrumbs, garlic powder, onion, sauces, parsley, egg, salt and pepper. Use a food processor to combine.
2. Preheat the Air Chef to 200°C.
3. Divide the mixture into 10 pieces and shape into balls, around 120g each. Press down to flatten out to about 2cm thick.
4. Place 4 patties in the Air Chef basket and cook for 5-8 minutes until meat is cooked through. Repeat with remaining patties.



Chef Tip

Work the mince for a few minutes when combining with other ingredients in order to activate the proteins in the meat. Failing to do so will make the burger patties fall apart when cooking.

Bangers and Mash

Prep time
15 min

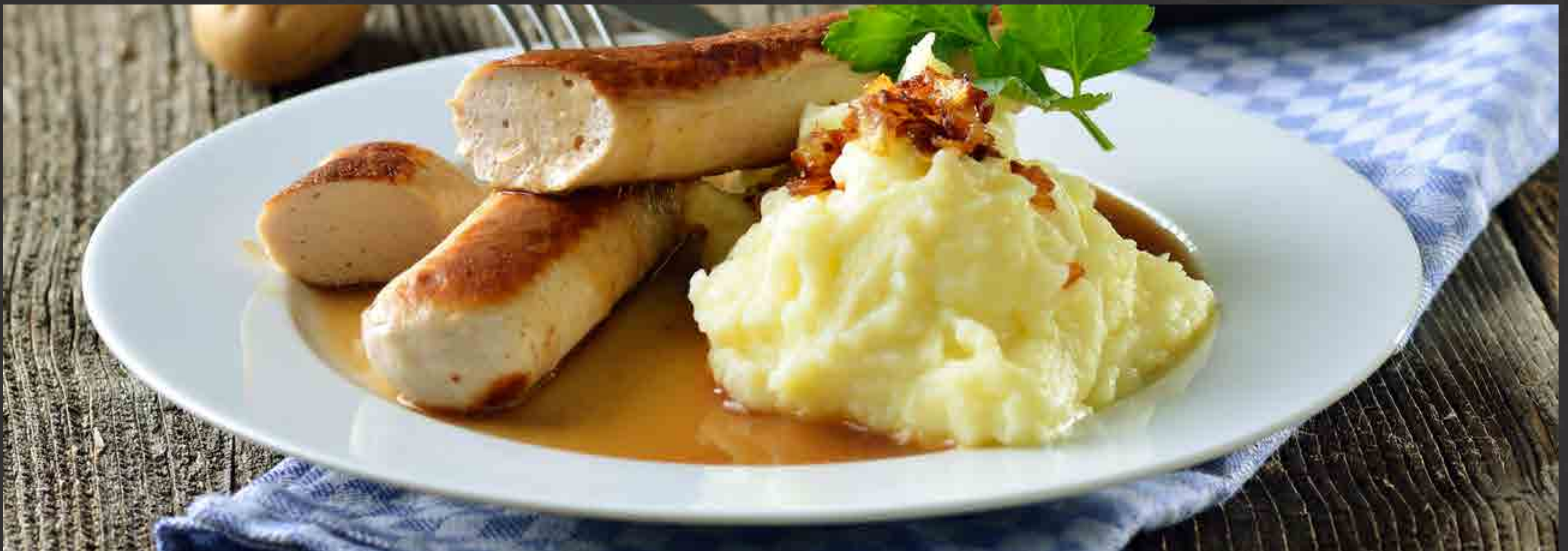
Cook time
10 min

Ready in
25 min

Serves
2



Recipes



Ingredients

500g potatoes, peeled and diced
1 tbsp butter
Pinch of salt
Pinch of pepper
1 tbsp milk
1 tbsp olive oil
1 brown onion, sliced
4 gourmet sausages (angus beef and red wine)
1 tbsp balsamic glaze

Method

1. Bring a pot of water to the boil. Add potatoes and cook until soft, about 10 minutes. Drain and mix with butter, salt, pepper and milk. Mash up the potatoes until smooth.
2. Preheat the Air Chef to 180°C.
3. In a frypan, heat up olive oil and sauté onion until caramelised, about 5 minutes.
4. Place sausages in the Air Chef basket and cook for 8 minutes. Toss regularly to ensure even cooking.
5. Serve mash on a plate, lay sausages over the top and finish off with a spoonful of the caramelised onions and a drizzle of the balsamic glaze.

Chicken Schnitzel Parmigiana

Prep time
10 min

Cook time
15 min

Ready in
25 min

Serves
2



Recipes



Ingredients

1 chicken breast
1 egg
100ml milk
100g flour
100g breadcrumbs
Oil spray
2 tbsp tomato-based pasta sauce
1 cup mozzarella
100g shaved ham
1 tbsp mixed herbs
Garden salad, to serve

Method

1. Place the chicken breast between 2 sheets of baking paper. Use a rolling pin to flatten out.
2. Lightly whisk the egg and milk together to make egg wash.
3. To crumb the chicken: lightly coat each chicken piece in flour, dip in egg wash, and cover with breadcrumbs. Generously spray with oil.
4. Preheat the Air Chef to 180°C.
5. Place the chicken in the Air Chef basket and cook for about 10 minutes, or until golden brown.
6. Top the schnitzel with pasta sauce, ham, mozzarella, and mixed herbs.
7. Return to the Air Chef and bake for 5 more minutes, or until mozzarella is melted. Serve with a garden salad.

Harissa Mini Lamb Leg Roast

Prep time	Cook time	Ready in	Serves
10 min	20 min	40 min	3



Recipes



Ingredients

600-700g mini rolled lamb leg
1 tbsp olive oil
Sea salt
Pepper
4 cloves garlic, crushed
2 sprigs rosemary

Harissa Paste

2 tbsp sambal oelek
2 cloves garlic, crushed
1 tsp ground cumin
1 tsp ground coriander
3 tsp olive oil
1 tsp salt

Method

1. Make the harissa paste by combining all ingredients together in a mortar and pestle.
2. Preheat the Air Chef to 180°C.
3. Drizzle olive oil over the lamb and rub it with harissa paste, salt and pepper. Make a few incisions in the top of the lamb with a knife and insert half the crushed garlic.
4. Place the remaining half of the garlic in the bottom of the Air Chef basket with a sprig of rosemary. Place lamb on top, and the remainder of the rosemary.
5. Roast for 20 minutes, and allow to rest for 10 minutes before slicing.

Chef Tips

- Sambal oelek is a chilli paste that can be found in the Asian section of your grocery store.
- Once timer goes off, check to see if the meat is hot in the inside by inserting a meat thermometer. The temperature should be: 60°C rare, 65°C medium, 70°C well done.

Thai Style Chicken Breast

Prep time
30 min

Cook time
10 min

Ready in
40 min

Serves
4



Recipes



Ingredients

4 coriander roots
1 small knob ginger
1 red chilli, seeds removed
4 cloves garlic
1 lime
Pinch of white pepper
1 tsp ground turmeric
20g palm sugar
40ml fish sauce
1kg chicken breast, thinly sliced
Sweet chilli sauce, to serve
Asian style salad, to serve

Method

1. Pound coriander roots, ginger, chilli, and garlic in a mortar and pestle until a uniform paste forms.
2. Add lime juice and rind, white pepper, turmeric and palm sugar. Combine until sugar has dissolved and add fish sauce.
3. Pour mixture over the chicken breast and marinate for 20 minutes.
4. Preheat the Air Chef to 200°C.
5. Place the chicken in the Air Chef basket and bake for 10 minutes, or until cooked through. Once cooked, serve with sweet chilli sauce, and an Asian style salad.

Portuguese Chicken

Prep time
25 min

Cook time
30 min

Ready in
55 min

Serves
2



Recipes



Ingredients

- 2 tsp oregano
- 1 tsp garlic powder
- ½ tsp chilli powder
- 1 tsp ground coriander
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tbsp olive oil
- 1 tsp salt
- ½ tsp pepper
- ½ chicken on the bone (approx. 600g)
- Juice of 1 lime, to serve

Method

1. In a small bowl, mix all spices together with the olive oil and salt and pepper. Rub all over the chicken and allow to marinate for at least 20 minutes.
2. Preheat the Air Chef to 180°C.
3. Place the chicken in the Air Chef basket and roast for 30 minutes, or until juices run clear when poked with a skewer.
4. Allow to rest for 10 minutes. Squeeze fresh lime juice over the top to serve.



Chef Tip

For best results, allow the chicken to marinate for 1 hour.

Stuffed Chicken Breast with Prosciutto, Semi-dried Tomatoes and Brie Cheese

Prep time
10 min

Cook time
15 min

Ready in
25 min

Serves
2



Recipes



Ingredients

2 x 200g chicken breast
100g Brie cheese, sliced into 2 pieces
50g semi-dried tomatoes, sliced
4 thin slices prosciutto
Salt and pepper
1 tbsp olive oil
Roasted chat potatoes, to serve
Mediterranean grilled vegetables, to serve

Method

1. Preheat the Air Chef to 180°C.
2. Lay chicken breast skin side down on the bench. Make a small incision with a sharp knife, about 7cm deep and 3cm wide lengthways.
3. Insert a slice of cheese and a few slices of tomato.
4. Lay the prosciutto on the bench. Place chicken breast at one end and roll, trying to get the two ends of the prosciutto to meet on the underside of the breast.
5. Season with salt and pepper and rub over with the olive oil.
6. Place in the Air Chef basket and cook for 15 minutes, or until the chicken breast is very firm and the prosciutto is crispy.
7. Serve with roasted chat potatoes and Mediterranean grilled vegetables.

Roast Spatchcock with Sage Stuffing

Prep time
10 min

Cook time
20 min

Ready in
40 min

Serves
1



Recipes



Ingredients

1 x 500g spatchcock
20g butter
½ brown onion, diced
1 clove garlic, crushed
¼ bunch thyme, chopped
¼ bunch sage, chopped
½ cup breadcrumbs
1 egg
½ tbsp salt
1 tsp pepper
1 tbsp olive oil

Method

1. Gently rinse the spatchcock, pat dry and remove any excess fat.
2. Melt the butter in a large frypan. Sauté onion and garlic. Once browned, add herbs, breadcrumbs, egg, and season with salt and pepper. Mix well.
3. Use this mixture to stuff the spatchcock, and tie the legs together to keep the mixture from falling out. Brush with olive oil.
4. Preheat the Air Chef to 180°C.
5. Place the spatchcock in the Air Chef basket and roast for 20 minutes, or until the juices run clear when poked with a skewer.
6. Cover with foil to keep warm and allow to rest for half the cooking time.

Chicken and Chorizo Hot Pot

Prep time
15 min

Cook time
15 min

Ready in
30 min

Serves
2



Recipes



Ingredients

1 tbsp olive oil
½ brown onion, diced
2 cloves garlic, crushed
500g chicken thighs, roughly diced
2 tbsp paprika
1 tsp chilli powder
1 chorizo sausage, thinly sliced
400g tinned diced tomatoes
½ red capsicum, roasted and peeled
½ cup chicken stock
¼ cup pitted Kalamata olives
½ can cooked chickpeas
¼ bunch parsley
Salt and pepper
Crusty bread, to serve
Green salad, to serve

Method

1. Heat the oil in a frypan and sauté the onion for 3 minutes. Add garlic and cook for a further minute. Add the chicken thighs and cook for 3 additional minutes.
2. Add paprika, chilli, chorizo, tomatoes, capsicum, stock, olives, chickpeas, and parsley. Season with salt and pepper. Bring to the boil before removing from the heat.
3. Pour into a 15cm oven-proof casserole dish. Cover with foil.
4. Preheat the Air Chef to 180°C.
5. Place dish in the Air Chef basket and cook for 15 minutes.
6. Serve with crusty bread and a green salad.



Desserts

Desserts

Apple and Wild Berry Crumble

Apple and Cinnamon Muffins

Strawberries and Cream Sponge Cake

Giant White Chocolate and Macadamia Nut Cookies

Sticky Date Pudding

Passionfruit Soufflé

Chocolate Brownies

Chocolate and Peanut Butter Fondants with Salted Praline

Chocolate and Hazelnut Scrolls

Lamingtons

Apple and Wild Berry Crumble

Prep time
15 min

Cook time
20 min

Ready in
35 min

Serves
4



Recipes



Ingredients

10g butter, melted
1 can cooked apples
1 cup frozen mixed berries
1 tsp vanilla paste
2 tbsp brown sugar
1 tsp cinnamon
½ tsp nutmeg

Topping

¼ cup flour
¼ cup brown sugar
25g butter
¼ cup rolled oats
½ cup macadamia nuts, crushed
1 tbsp desiccated coconut

Method

1. Preheat the Air Chef to 180°C.
2. In a large bowl, mix melted butter, apples, berries, vanilla, sugar, cinnamon and nutmeg until well combined.
3. Spoon mixture into 3 small serving dishes (soufflé moulds are perfect).
4. For the topping, in a separate bowl, mix flour, brown sugar and butter. Rub the butter in with your fingers so that the mixture resembles breadcrumbs.
5. Mix in oats, macadamia nuts and coconut. Sprinkle over berry mixture, about an inch thick.
6. Place the dishes in the Air Chef basket and bake for 15-20 minutes or until golden on top.



Chef Tip

The crumble can also be made in a bigger dish but will take slightly longer to cook.

Apple and Cinnamon Muffins

Prep time
10 min

Cook time
10 min

Ready in
25 min

Serves
4



Recipes



Ingredients

75g flour
1½ tsp baking powder
1 tsp cinnamon
3 tbsp sugar
Pinch of salt
1 small egg
75ml milk
50g butter, melted
75g cooked apples, chopped

Method

1. Preheat the Air Chef to 170°C.
2. Sift the flour into a bowl and add the baking powder, cinnamon, sugar and salt. Mix well.
3. In another bowl, lightly whisk the egg and add the milk, melted butter and apples. Combine with the flour mixture.
4. Place one muffin paper cup inside another one to double up. Spoon the batter into these muffin cups, up to $\frac{3}{4}$, and carefully place them in the Air Chef basket.
5. Bake the muffins for 10 minutes, or until they are golden in colour. Check the centre with a skewer to see if it is done. Let the muffins cool on a wire rack for 5 minutes before eating.

Strawberries and Cream Sponge Cake

Prep time
10 min

Cook time
15 min

Ready in
50 min

Serves
4-6



Recipes



Ingredients

115g butter, at room temperature
115g caster sugar
2 eggs
115g self-raising flour
½ tsp baking powder

Filling

150 ml thickened cream
½ tbsp caster sugar
1 tsp vanilla essence
1 tbsp strawberry jam
Sliced strawberries

Method

1. Preheat the Air Chef to 170°C.
2. Cream butter and sugar together using an electric mixer for 3 minutes. Add eggs, one at a time, and mix well. Fold in the flour and baking powder.
3. Pour half of the mixture into a greased 12 cm round springform pan.
4. Place in the Air Chef basket and bake until golden brown for about 10-15 minutes.
5. Once cooked, remove from the Air Chef and allow to cool in the pan for 10 minutes before turning out to cool on a wire rack.
6. Repeat steps 3 to 5 with the remaining half of the batter.
7. Whip the cream and then combine with the sugar and vanilla.
8. Spread strawberry jam and cream mixture on one cake, add sliced strawberries, and top with the other cake. Dust with icing sugar.

Giant White Chocolate and Macadamia Nut Cookies

Prep time
15 min

Cook time
15 min

Ready in
35 min

Serves
4



Recipes



Ingredients

125g butter, softened
1 tsp vanilla extract
¼ cup caster sugar
⅓ cup brown sugar, firmly packed
1 large egg
½ cup self-raising flour
¾ cup plain flour
¾ cup white chocolate chopped
in small chunks
¼ cup roughly chopped
macadamia nuts

Method

1. Using an electric mixer on low speed, beat the butter and vanilla in a large bowl until creamy, this will take about 2 minutes.
2. Add the sugars and beat on medium speed until creamy, about 3 minutes, scraping down the sides of the bowl with a spatula once or twice.
3. Add the egg and beat until well combined. Sift in the flours over the egg mixture and add the chocolate and macadamia nuts. Mix on very low speed or stir with a large spoon until the flour is just incorporated.
4. Line the Air Chef basket with baking paper and preheat the Air Chef to 170°C.
5. Portion dough by rolling 4 x 150g balls.
6. Place one dough ball in the Air Chef basket. Press with a fork to flatten slightly.
7. Bake for 15 minutes, or until the cookie is golden but still soft when lightly pressed in the centre.
8. Leave the cookie to cool in the basket for about 5 minutes then transfer to a wire rack.
9. Repeat steps 6-8 with the remaining dough balls.



Chef Tip

For crunchier cookies, bake for a slightly longer time.

Sticky Date Pudding

Prep time
20 min

Cook time
20 min

Ready in
40 min

Serves
4-6



Recipes



Ingredients

125g pitted dates
1 tsp bicarb soda
180ml boiling water
65g butter
100g brown sugar
1 tsp vanilla essence
2 eggs
450g self-raising flour
Vanilla ice cream, to serve

Butterscotch Sauce

100ml cream
90g brown sugar
30g butter, cubed
1 tsp vanilla essence

Method

1. Place pitted dates, bicarb soda, and boiling water together in a pot and bring to the boil. Simmer for 5 minutes or until the dates go soft. Allow to stand for 10 minutes.
2. In a large bowl, use an electric beater to cream butter, sugar and vanilla until pale and fluffy.
3. Add eggs, one at a time, and mix until combined. Fold in flour.
4. Preheat the Air Chef to 170°C.
5. Grease and line a 12cm round springform pan with baking paper.
6. Scrape half the batter into the pan and bake for 20 minutes, or until a skewer comes out clean when inserted.
7. Repeat steps 5 and 6 with the remaining batter.
8. Make the butterscotch sauce by placing all ingredients in a small saucepan. Bring slowly to a simmer, then to the boil, constantly stirring. Remove from heat.
9. Pierce holes in the puddings and cover in butterscotch sauce. Serve with vanilla ice cream.

Passionfruit Soufflé

Prep time
15 min

Cook time
12 min

Ready in
27 min

Serves
4



Recipes



Ingredients

Pulp from 3 passionfruit
1 tbsp cornflour
4 egg whites
100g caster sugar
Caster sugar to coat the moulds
Icing sugar, to dust
Butter (to grease)

Method

1. Rub butter on the inside of 4 ramekins.
2. Pour some caster sugar into each ramekin and roll them around so that the sugar coats the inside. Tip out any excessive sugar and place sugared moulds in the fridge for about 5 minutes. This helps the soufflé to rise.
3. In a small saucepan, combine passionfruit pulp and corn flour. Bring to the boil, allowing it to thicken, then refrigerate until cool.
4. Whisk egg whites with an electric mixer, slowly sprinkling in the sugar. Whisk until the mixture appears glossy and stiff peaks begin to form. Taste the mix, all sugar crystals should have dissolved.
5. Preheat the Air Chef to 170°C.
6. Add the passionfruit mixture to the egg whites, folding it through to combine. Do not over beat. Divide the mixture evenly between the 4 ramekins.
7. Place in the Air Chef basket and bake for 8-12 minutes until they rise and the top starts to colour. Dust with icing sugar and serve immediately.



Chef Tip

Passionfruit can be substituted with a tin of passionfruit pulp if not in season.

Chocolate Brownies

Prep time
15 min

Cook time
20 min

Ready in
35 min

Serves
12 pcs



Recipes



Ingredients

80g good quality chocolate, in pieces

75g butter

1 large egg

60g sugar

1 tsp vanilla essence

Pinch of salt

40g self-raising flour

30g walnuts, chopped

Ice cream, to serve

Method

1. Melt chocolate and butter together in a glass or metal bowl over a pot of boiling water (double boiler).
2. Preheat the Air Chef to 160°C.
3. In a bowl, beat the egg, sugar, vanilla and salt until light and creamy. Beat in the chocolate mixture and stir in flour and nuts.
4. Line a loaf pan with baking paper and pour in the brownie mix. Tap the pan on the bench to level out.
5. Place the loaf pan in the Air Chef basket and bake for 20 minutes, or until the top is crispy. The inside should still be soft. The brownie will become firmer when cooled.
6. Let the brownie cool in the pan before turning out. Cut into desired pieces and serve warm with ice cream.

Chocolate and Peanut Butter Fondants with Salted Praline

Prep time
15 min

Cook time
7 min

Ready in
22 min

Serves
6-8



Recipes



Ingredients

125g dark chocolate
65g crunchy peanut butter
10g butter, diced
3 eggs, at room temperature
50g plain flour, sieved
100g caster sugar
Ice cream, to serve

Salted praline

100g caster sugar
½ tsp salt
50ml water

Method

1. To make the salted praline, mix all ingredients in a saucepan and bring slowly to a boil. Simmer until desired colour is achieved. Pour out on a baking tray and allow to cool and harden.
2. Preheat the Air Chef to 150°C.
3. Melt the chocolate, peanut butter and butter in a heatproof bowl over simmering water (double boiler), stirring continuously until smooth.
4. Remove from the heat and allow to cool slightly.
5. Mix eggs with chocolate mixture. Add flour and sugar. Divide evenly between 4 small greased loaf pans.
6. Place two pans at a time in the Air Chef basket and bake for 6-7 minutes, or until edges are just set and centres are still soft.
7. Serve each fondant with a piece of salted praline and a scoop of ice cream.

Chocolate and Hazelnut Scrolls

Prep time
5 min

Cook time
10 min

Ready in
15 min

Serves
8 pcs



Recipes



Ingredients

2 sheets puff pastry
150g chocolate and hazelnut
spread
1 egg

Method

1. Preheat the Air Chef to 180°C.
2. Lay out the sheet of puff pastry and cut into 4 even strips.
3. Generously spread chocolate spread on each strip and roll up. Brush each roll with lightly beaten egg.
4. Place in the Air Chef basket and bake until golden, about 10 minutes.

Lamingtons

Prep time
20 min

Cook time
10 min

Ready in
45 min

Serves
2



Recipes



Ingredients

Sponge Cake

115g butter, at room temperature

115g caster sugar

2 eggs

115g self-raising flour

½ tsp baking powder

Coating

1½ cups icing sugar

2 tbsp cocoa powder

1 tbsp butter, softened

¼ cup boiling water

1 cup desiccated coconut

Method

1. Preheat the Air Chef to 170°C.
2. Cream butter and sugar together using an electric mixer for 3 minutes. Add eggs, one at a time, and mix well. Fold in the flour and baking powder.
3. Pour half of the mixture into a greased 12cm round springform pan.
4. Place in the Air Chef basket and bake for 10-15 minutes, or until golden brown.
5. Allow to cool for 10 minutes before turning out of the tin to cool on a wire rack.
6. Repeat steps 3 to 5 with the remaining half of the batter.
7. Trim edges of the sponge cakes and level out the top using a serrated knife. Cut into equal sized pieces.
8. To make the coating sift icing sugar and cocoa powder into a bowl. Add butter and boiling water and stir to combine.
9. Dip cake squares into icing mixture and then roll in coconut. Place on a wire rack over a baking tray. Allow to set.

All recipes were made using the Kambrook
AirChef KAF200 air frying oven



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