



Sur la table

RECIPE BOOK

MULTIFUNCTIONAL
**AIR FRY
CONVECTION
OVEN**

WITH
POWERFLOW
AIR CIRCULATION

Air Fry, Convection Bake,
Broil, Dehydrate, Defrost,
Grill, Roast, Toast, Reheat,
Warm, Braise, Preheat

SLT-1822

INCLUDES 20 DELICIOUS RECIPES



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GRILLED HAWAIIAN FLATBREAD

Serves 2 to 4

Ingredients

- 12 oz (375 g) prepared pizza dough
- ¼ cup (60 mL) tomato sauce
- 1 cup (250 mL) shredded mozzarella cheese
- ½ cup (125 mL) diced deli ham
- ½ cup (125 mL) chopped cooked bacon
- ½ cup (125 mL) diced pineapple
- ½ cup (125 mL) thinly sliced red onion
- ¼ cup (60 mL) barbecue sauce (optional)
- 3 tbsp (45 mL) sliced scallions

Procedure

- 1 - Select the GRILL function. Press PREHEAT button. Line basket with parchment paper.
- 2 - Divide pizza dough in half. On lightly floured sheet of parchment paper, arrange 1 dough half and roll into 7- by 6-inch (18 to 15 cm) oval.
- 3 - Spread 2 tbsp (30 mL) tomato sauce evenly over dough and top with ½ cup (125 mL) cheese, ¼ cup ham, ¼ cup (60 mL) bacon, ¼ cup (60 mL) pineapple and ¼ cup (60 mL) onion.
- 4 - Transfer pizza to center of oven and cook for 8 to 10 minutes or until dough is golden and crispy, and cheese is bubbling and melted.
- 5 - Repeat with remaining dough, remaining tomato sauce, remaining cheese, remaining ham, remaining bacon, remaining pineapple and remaining onion.
- 6 - Drizzle with barbecue sauce (if desired) and sprinkle scallions over top to garnish. Slice into small wedges for serving.

Tip: These flatbreads are also delicious with a drizzle of chili oil or thinly sliced red chiles for added heat!





SHRIMP CRUNCH BITES

Serves 6

Ingredients

- 1 lb (500 g) shrimp, peeled, deveined and tails removed (16–20 count)
- 2 tbsp (30 mL) olive oil
- 3 cloves garlic, minced
- 1 tsp (5 mL) salt, divided
- ½ tsp (2 mL) chili powder
- ¼ tsp (1 mL) black pepper
- ½ avocado, peeled
- 2 tbsp (30 mL) sour cream
- 1 tbsp (15 mL) freshly squeezed lime juice
- ½ tsp (2 mL) ground cumin
- 24 slices cucumber (about ½-inch/1 cm thick)
- ¼ cup (60 mL) crumbled feta cheese
- 2 tbsp (30 mL) chopped fresh chives

Procedure

- 1** - In medium bowl, toss shrimp with oil, garlic, ½ tsp (2 mL) salt, chili powder and pepper. Arrange in single layer in basket of Digital Air Fryer Convection Oven and slide into center rack.
- 2** - Set oven to SHRIMP function. Cook, flipping halfway, for 8 to 10 minutes or until shrimp are pink and cooked through. Let cool slightly.
- 3** - In small bowl, mash avocado with sour cream and lime juice until smooth. Season with cumin and remaining salt.
- 4** - Divide shrimp onto cucumber slices. Add small dollop of avocado crema over top and sprinkle with cheese and chives, dividing evenly.

Tips: Top with additional fresh herbs, if desired. Try chopped fresh parsley, dill, cilantro or a combination of all three. Add chili flakes with the chives for a spicy kick!

FALAFEL WITH TAHINI SAUCE

Serves 12

Ingredients

- 1 (15 to 16 ounce) can chickpeas (garbanzo beans)
- 1 small onion, coarsely chopped
- 4 small cloves garlic
- 1 cup lightly packed parsley
- ½ cup lightly packed cilantro
- ¼ cup lightly packed dill sprigs
- 2 teaspoons ground cumin
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- Pinch ground red pepper
- 1 tablespoon lemon juice
- ¼ cup all-purpose flour
- 1 teaspoon baking powder Tahini Sauce
- 1 cup full-fat plain yogurt
- 1 tablespoon tahini
- 2 tablespoons lemon juice

Procedure

- 1** - *To make falafel:* Drain the chickpeas into a colander; rinse under cold water. Place chickpeas on a doubled sheet of paper towels; pat very dry with another sheet of paper towel.
- 2** - In a large food processor bowl fitted with the steel blade process the chickpeas, onion, garlic, the fresh herbs, cumin, salt, black pepper, red pepper, and lemon juice; process until mixed but not smooth; scrape down the bowl.
- 3** - Add flour and baking powder; process to incorporate. Scrape down the bowl and blade and remove mixture to a medium bowl. Cover and chill 30 minutes.
- 4** - Spray the Air Fryer Basket with vegetable cooking spray. Using slightly wet hands form the chilled mixture into 12 balls and place in the Basket. Spray the falafel balls lightly with olive oil spray. Slide Basket into the Oven in the highest rack position.
- 5** - Select Fries. Set temperature at 375° F; set time at 20 minutes. Air fry until the balls are crisp and dark golden brown, turning them over after half the cooking time. Remove and serve warm with Tahini Sauce.
- 6** - *To make Tahini Sauce:* In a small bowl stir yogurt and tahini, then stir in lemon juice.



TOMATO GOAT CHEESE BITES

Serves 8 to 12

Ingredients

- 24 cherry tomatoes, halved lengthwise
- 1 cup (250 mL) herbed goat cheese, softened
- 48 sea salt crackers or crostini
- ¼ cup (60 mL) balsamic glaze
- ¼ cup (60 mL) fresh basil leaves, thinly sliced

Procedure

- 1- Arrange tomatoes in single layer in lightly greased basket of Digital Air Fryer Convection Oven.
- 2- Slide basket into center rack of oven and set to DEHYDRATE function at 90°F (32°C). Cook for 1 to 2 hours or until tomatoes are dehydrated.
- 3- Spread goat cheese evenly over crackers. Top each cracker with 1 cherry tomato half. Drizzle with balsamic glaze and garnish with basil over top.

Tip: For added heat and flavor, lightly drizzle with chili oil or sprinkle with hot pepper flakes.



SMOKY SPICED SWEET POTATO WEDGES

Serves 4

Ingredients

- 2 medium sweet potatoes, about 1 pound
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- ½ teaspoon each chili powder, garlic powder and smoked paprika
- ¼ teaspoon each Kosher salt and cracked black pepper
- ½ cup sour cream
- ½ cup mayonnaise
- 2 tablespoons small capers
- 1 tablespoon chopped scallions
- 1 tablespoon lime juice

Procedure

- 1- To make sweet potatoes: Spray the Air Fryer Basket with vegetable cooking spray.
- 2- Peel sweet potatoes and cut each lengthwise in half, then cut each half lengthwise into 4 wedges. In a pie plate or shallow bowl toss the wedges with the olive oil.
- 3- In a cup or small bowl stir the brown sugar, chili powder, garlic powder, paprika, salt and pepper. Sprinkle the spice mixture over the wedges and lightly toss to evenly coat them.
- 4- Place sweet potato wedges in the Air Fryer Basket. Slide Basket into the Oven in the middle rack position and place the baking pan in the rack position below it. Press the Fries button and set the temperature at 390°F for 35 minutes. Air fry until sweet potatoes are crisp and cooked through, turning them over after 18 minutes. Serve with Creamy Dipping.
- 5- To make dipping sauce: In a small bowl stir sour cream and mayonnaise until blended. Stir in capers, scallions and lime juice. Season to taste with salt and pepper.



CRISPY BALSAMIC BRUSSELS SPROUTS

Serves 4 to 6

Ingredients

- 1 pound Brussels sprouts
- 1 large apple
- 1 small onion
- 1 tablespoon + 1 teaspoon olive oil
- 3 slices uncooked bacon, diced
- Kosher salt and black pepper
- 2 tablespoons balsamic vinegar, divided
- 2 teaspoons freshly squeezed lemon juice

Procedure

- 1-** Cut Brussels sprouts lengthwise in half; if large, cut into quarters. Place Brussels sprouts in a large bowl; rinse in cold water; pour out water.
- 2-** Core the apple and cut into chunks; coarsely chop the onion. Add the apple chunks and onion to the bowl with the Brussels sprouts.
- 3-** Add the olive oil and toss well; season with salt and pepper, then add 1 tablespoon of the vinegar and the bacon and toss again. Spoon the Brussels sprouts mixture into the air fryer basket.
- 4-** Select roast; set temperature at 400° F (204°C). Set time for 20 to 25 minutes. When cooking time ends, let Basket sit in the Oven for a few minutes then, carefully transfer Brussel sprouts into a serving bowl or platter and drizzle with the remaining balsamic and lemon.

ROOT VEGETABLE BREAKFAST HASH

Serves 4

Ingredients

- 2 small carrots, chopped
- 1 sweet potato, chopped
- 1 parsnip, chopped
- 1 turnip, chopped
- 2 tbsp (30 mL) olive oil
- 2 tsp (10 mL) Tex-Mex seasoning
- ½ tsp (2 mL) garlic powder
- 1 tsp (5 mL) salt, divided
- ½ tsp (2 mL) pepper, divided
- 4 cups (1 L) chopped kale
- 8 eggs
- ½ cup (125 mL) shredded sharp (old) Cheddar cheese
- 1 avocado, peeled, halved, pitted and sliced
- 1 tbsp (15 mL) chopped fresh chives
- 1 tbsp (15 mL) chopped fresh parsley

Procedure

- 1-** In large bowl, toss together carrots, sweet potato, parsnip, turnip, oil, Tex-Mex seasoning, garlic powder, ¾ tsp salt and ¼ tsp pepper until evenly coated. Arrange in single layer in basket of Digital Air Fryer Convection Oven and slide into center slot of oven.
- 2-** Set oven to ROAST function set to 400°F (204°C). Roast for 10 to 12 minutes, then stir in kale and roast for 10 to 15 minutes or until vegetables are golden and tender.
- 3-** Using wooden spoon or spatula, create 8 divots and crack eggs into divots. Season with remaining salt and remaining pepper, then sprinkle cheese evenly over top.
- 4-** Bake for 5 to 8 minutes or until eggs are set to desired doneness.
- 5-** Remove basket from oven and top with avocado. Garnish with chives and parsley.

Tip: Add chopped cooked bacon or pancetta to vegetable hash and serve with sour cream and salsa if desired.





GRILLED CHICKEN SOUVLAKI PITAS

Serves 4

Ingredients

- 1 lb (500 g) boneless skinless chicken breast, cut into 1-inch pieces
- 3 tbsp (45 mL) freshly squeezed lemon juice
- 3 tbsp (45 mL) olive oil
- 3 cloves garlic, minced
- 1 tbsp (15 mL) chopped fresh dill
- 1 tbsp (15 mL) chopped fresh oregano
- 1 tbsp (15 mL) chopped fresh parsley
- 1 ½ tsp (7 mL) salt
- 1 tsp (5 mL) black pepper
- 4 large pitas
- ½ cup (125 mL) tzatziki
- 1 tomato, diced
- ½ cup (125 mL) diced cucumber
- ¼ cup (60 mL) thinly sliced red onion
- 4 lemon wedges
- 4 wooden skewers, soaked

Procedure

- 1 - In medium bowl, toss chicken with lemon juice, oil, garlic, dill, oregano, parsley, salt and pepper. Marinate in the refrigerator for 12 to 15 minutes, then thread evenly onto skewers and transfer to greased basket of Digital Air Fryer Convection Oven (discard marinade).
 - 2 - Position drip tray in lowest slot of oven. Position basket in highest slot and set to GRILL function at 400°F (204°C). Cook, flipping once, for 10 to 12 minutes or until cooked through. Remove from oven and let cool slightly. Remove drip tray.
 - 3 - In batches, add pitas to oven rack positioned in center slot. Cook for 3 to 5 minutes or until warmed through.
 - 4 - Spread tzatziki evenly over warmed pitas. Remove chicken from skewers and divide evenly onto pitas. Top with tomato, cucumber and onion. Serve with lemon wedges.
- 12 Tip: For a vegetarian alternative, replace chicken with Halloumi cheese if desired.

ROASTED VEGETABLE GLOW BOWL

Serves 4

Ingredients

- 4 cups (1 L) cauliflower florets
- 2 cups (500 mL) chopped Brussels sprouts
- 1 carrot, chopped
- ¼ cup (60 mL) olive oil
- 1 ½ tsp (7 mL) salt
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) smoked paprika
- ½ tsp (2 mL) chili powder
- ½ tsp (2 mL) black pepper
- ⅓ cup (75 mL) tahini
- 2 tbsp (30 mL) liquid honey
- 1 tbsp (15 mL) freshly squeezed lemon juice
- 2 cups (500 mL) cooked quinoa
- 1 cup (250 mL) shredded stemmed kale
- 1 avocado, peeled, halved, pitted and sliced
- ¼ cup (60 mL) toasted green pumpkin seeds (pepitas)
- 1 tbsp (15 mL) chopped fresh mint
- 1 tbsp (15 mL) chopped fresh parsley

Procedure

- 1 - In large bowl, toss together cauliflower, Brussels sprouts, carrot, oil, salt, oregano, paprika, chili powder and pepper. Arrange in single layer in basket of Digital Air Fryer Convection Oven and slide into center slot.
- 2 - Set oven to ROAST function set to 400°F (204°C). Roast, flipping once halfway through, for 18 to 20 minutes or until vegetables are tender and golden.
- 3 - In small bowl, whisk together tahini, honey, lemon juice and ⅓ cup (75 mL) warm water.
- 4 - Divide quinoa among 4 serving bowls. Top evenly with kale, vegetable mixture and avocado. Drizzle tahini mixture evenly over top. Garnish bowls evenly with pumpkin seeds, mint and parsley.

Tip: To add protein, top with chickpeas or diced grilled chicken or salmon.





PANKO-CRUSTED COCONUT SHRIMP

Serves 4 to 6

Ingredients

Shrimp

- 1 ½ pounds extra-large shrimp, peeled, deveined, tails attached
- ½ cup all-purpose flour
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 2 eggs
- 1 cup unsweetened shredded coconut
- ¾ cup Panko crumbs

Dipping Sauce

- 1 cup Greek yogurt
- ¼ cup coconut milk
- ¼ cup canned crushed pineapple
- 1 tablespoon chopped pickled jalapeños
- 2 teaspoons lime juice

Procedure

- 1 - *To make shrimp:* Spray the Air Fryer Basket with vegetable cooking spray. Pat shrimp dry with paper towels. In a shallow bowl stir together flour, salt, and pepper; in a second shallow bowl beat the eggs with 1 tablespoon water. In a third shallow bowl, stir the coconut and Panko crumbs.
- 2 - Dip the shrimp in the flour mixture, shaking off any excess, then dip in the egg and finally in the coconut mixture to coat well. Place shrimp, not touching, in the Basket. Slide Basket into the Oven in the highest rack position.
- 3 - Select Shrimp; set time at 12 minutes. Air fry until the shrimp are crisp and golden brown, turning shrimp over after half the cooking time.
- 4 - Serve with dipping sauce. *To make sauce:* In a small bowl stir the yogurt and coconut milk until well mixed; stir in pineapple, jalapeños and lime juice.

SUPER SEAFOOD MAC 'N 'CHEESE

Serves 6

Ingredients

- 12 ounces elbow or cavatappi macaroni
- 6 tablespoons unsalted butter, divided
- 1 small onion, chopped fine
- 4 ounces peeled and deveined medium shrimp, chopped
- 4 ounces each lobster meat, lump crabmeat, and small scallops
- 2 tablespoons all-purpose flour
- 2 cups warmed whole milk
- Kosher salt and black pepper
- ½ cup each shredded sharp Cheddar and Swiss cheese
- 1 cup crushed buttery crackers
- 2 tablespoons grated Parmesan cheese

Procedure

- 1 - Slide Oven Rack into the Fryer in the lowest rack position. Butter a 2 ½ quart baking dish and set aside.
- 2 - Cook the macaroni in a medium saucepot of boiling salted water until barely tender, about 9 minutes; drain and place in a large bowl.
- 3 - In a medium skillet melt 2 tablespoons of the butter over medium heat. Add onion and cook until onion is tender but not browned. Add chopped shrimp, lobster, crabmeat and scallops; cook, stirring constantly, just until shrimp turn pink. Remove from heat and add to bowl with macaroni.
- 4 - In a medium saucepan melt 2 tablespoons of the butter over medium heat; stir in flour and cook and stir 1 minute. Whisk in milk and continue to cook and whisk until smooth and slightly thickened. Season with salt and pepper, then stir in cheeses until smooth and thick. Pour cheese sauce over the macaroni in bowl and mix well. Spoon into buttered baking dish. Melt the remaining 2 tablespoons butter.
- 5 - Stir together the crushed crackers and the Parmesan; spread evenly over the macaroni and drizzle with melted butter. Place the baking dish on Rack in the Oven; Select Bake; set time at 25 minutes. Cook until bubbling and heated through and top is golden brown and crusty.





PORTOBELLO MUSHROOM BURGER

Serves 4

Ingredients

- 1 medium onion, cut half and sliced thin
- 3 tablespoons olive oil, divided
- 3 tablespoons thick balsamic vinegar, divided
- Kosher salt and cracked black pepper
- 4 large portobello mushrooms caps
- 4 slices sharp Cheddar cheese
- 4 sesame seed-topped hamburger rolls
- Tomato slices and shredded lettuce

Procedure

- 1 - In a medium bowl toss onion slices with 1 tablespoon olive oil, 1 tablespoon vinegar, ½ teaspoon salt and ¼ teaspoon pepper. Place the onions in the Air Fryer Basket. Slide Basket into the Oven in the highest rack position. Select Fries; set time at 25 minutes. Shake onions in Basket at 6 minutes and continue cooking for 6 to 8 minutes until onions are softened and browned.
- 2 - While onions are cooking wipe mushroom caps of any dirt with a damp paper towel. Gently rub caps with the remaining olive oil, then brush caps, top and bottom, with the remaining vinegar; season with salt and pepper. Arrange mushroom caps on top of onions in Basket.
- 3 - Continue cooking 10 to 12 minutes until mushrooms are tender and edges are browned. When cooking time ends top each mushroom with a slice of cheese. Let Basket sit in the Oven for 5 minutes to let cheese melt.
- 4 - Remove Basket from the Oven. Divide onions over bun halves; layer each with tomato slices, mushroom caps, and shredded lettuce, ending with top half of hamburger roll.

TROUT WITH LEMON DILL STUFFING

Serves 4

Ingredients

- 1 whole trout (2 to 3 lbs/1 to 1.5 kg), cleaned and head removed
- 1 tsp salt (5 mL), divided
- ½ tsp (2 mL) black pepper, divided
- ½ cup (75 mL) sliced zucchini
- 1 plum (Roma) tomato, sliced
- 1 lemon, thinly sliced and divided
- ½ cup (75 mL) sliced red onion
- 3 cloves garlic, thinly sliced
- 6 sprigs fresh dill, divided
- 2 tbsp (30 mL) olive oil

Procedure

- 1 - Line basket with parchment paper.
- 2 - Pat trout dry with paper towels and arrange in basket, wiping inside of basket dry as well.
- 3 - Season cavity with ½ tsp (2 mL) salt and ¼ tsp (1 mL) pepper, then layer in zucchini, tomato, half the lemon slices, onion, garlic and 4 sprigs dill.
- 4 - Arrange remaining lemon slices and remaining dill sprigs on top of trout. Season with remaining salt and remaining pepper.
- 5 - Slide into center rack of Digital Air Fryer Convection Oven. Set to FISH function at 375°F (190°C) and cook for 20 to 25 minutes or until trout is lightly golden and flakes easily with a fork.
- 6 - Serve whole fish with vegetables inside and let diners take their favorites.





GREEK ROTISSERIE-STYLE CHICKEN

Serves 4

Ingredients

- 1 head garlic, top removed
- 1 lemon, quartered
- 1 onion, quartered
- 6 sprigs fresh oregano
- 1 roasting chicken (about 3 lbs/1.5 kg)
- ¼ cup (60 mL) olive oil
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) garlic powder
- ½ tsp (2 mL) dried oregano
- ½ tsp (2 mL) paprika
- ½ tsp (2 mL) black pepper

Procedure

- 1 - Select the CHICKEN function. Press PREHEAT button.
- 2 - Arrange garlic head, lemon, onion and oregano in chicken cavity.
- 3 - In small bowl, whisk together oil, parsley, salt, garlic powder, oregano, paprika and pepper. Spread oil mixture evenly over chicken and under the skin.
- 4 - Tie legs together with kitchen twine and transfer chicken, breast-side down, to basket lined with foil.
- 5 - Slide into center rack of oven and cook for 45 to 55 minutes or until chicken is evenly browned and instant-thermometer registers 165°F (74°C) when inserted into thickest part of a breast. Tent with foil and let rest for 10 to 15 minutes before slicing.

Tip: Serve with roasted potatoes, green salad and tzatziki if desired.

Any leftover chicken meat can be shredded and used in salads, pastas, soups and sandwiches!

MAPLE & SOY-GLAZED SALMON

Serves 4

Ingredients

- ¼ cup pure maple syrup
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 4 (6 ounce) skin-on salmon fillets
- Kosher salt
- Cracked black pepper
- 2 teaspoons white and/or black sesame seeds, optional

Procedure

- 1 - Spray the Air Fryer Basket with vegetable cooking spray.
- 2 - In a medium bowl stir maple syrup, soy sauce and sesame oil. Season salmon fillets with salt and pepper, then add fillets to bowl and turn to coat. Cover and let marinate in refrigerator for 15 to 30 minutes.
- 3 - Remove from refrigerator 15 minutes before ready to cook. Remove fillets from marinade; reserve marinade. Arrange fillets in the Basket skin-side down; brush fillets with some of the marinade. Insert Basket into the Oven in the highest rack position. Select Fish; set time at 12 minutes. Check after 7 minutes and brush salmon with additional marinade. Continue to cook to desired doneness.
- 4 - While salmon is cooking, in a small saucepan bring remaining marinade to a boil. Reduce heat and simmer a few minutes until liquid has reduced and thickened.
- 5 - Use kitchen tongs to remove salmon from Basket to plates. Drizzle glaze over each salmon fillet and sprinkle, if desired, with sesame seeds.



MEDITERRANEAN PORK KABOBS

Serves 3 to 6

Ingredients

- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 teaspoon coarse-grain Dijon-style mustard
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- 2 pounds pork sirloin, cut into 24 cubes
- 1 small red bell pepper, seeded and cut into 18 chunks
- 1 small yellow bell pepper, seeded and cut into 18 chunks
- Prepared red pepper relish, optional

Procedure

- 1** - In a medium bowl stir the olive oil, vinegar, mustard, garlic, parsley, oregano, basil, salt and pepper; remove 3 tablespoons of the mixture to a small cup.
- 2** - Add the pork cubes to the bowl; toss to coat. Cover and chill 30 to 60 minutes, stirring a few times. Remove from refrigerator 15 minutes before ready to cook. Place bell pepper chunks in a shallow bowl or non-aluminum pan. Pour the olive oil mixture in the cup over the pepper chunks and let marinate until ready to cook.
- 3** - Remove pork from refrigerator about 20 minutes before ready to cook. When ready to cook, with gloved hands, thread pork cubes onto 6 Kebab Skewers alternately with the peppers, starting and ending with pork. Combine and reserve any remaining olive oil mixture.
- 4** - Place the skewers on the air fryer basket. Press the Grill button; set time at 20 to 25 minutes. Check for desired doneness at 10 minutes and brush the skewers, if desired, with the remaining olive oil mixture a couple of times during cooking. Discard any unused olive oil mixture.
- 5** - Carefully remove the air fry basket from the oven and let it cool before removing the Skewers to serve.



LEMON-HERB ROTISSERIE CHICKEN

Serves 2 to 4

Ingredients

- One (3 to 4 pound) whole chicken
- 1 medium lemon
- 2 large cloves garlic
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- Kosher salt
- Coarse-grind black pepper
- 1 medium onion, cut in half

Procedure

- 1** - Pat chicken dry with paper towels.
- 2** - Zest lemon, then cut into slices. Mince one garlic clove. In a small bowl mix the lemon zest, minced garlic, the parsley, rosemary, thyme, 1 teaspoon salt, and 1 teaspoon pepper. Season the chicken all over with the lemon zest mixture.
- 3** - Crush the remaining garlic clove. Place in the chicken cavity along with the lemon slices and onion halves.
- 4** - Place chicken on the air fry basket lined with foil, press the chicken button, and set the time for 50 to 60 minutes. Check for doneness using an instant-read thermometer inserted into the thickest part of breast; thermometer should read 165°F.
- 5** - When chicken is done, tent with foil, and let rest in the Oven for 10 to 15 minutes before removing to a wooden board. Carve chicken as desired.



BURNT BASQUE CHEESECAKE

Serves 8 to 12

Ingredients

- 8 oz (250 g) cream cheese, softened
- 1 cup (250 mL) granulated sugar
- 3 large eggs, at room temperature
- 2 tbsp (30 mL) all-purpose flour
- 2 tsp (10 mL) vanilla extract
- ½ tsp (2 mL) salt
- 1 ½ cups (375 mL) heavy or whipping (35%) cream, at room temperature

Procedure

- 1- Insert wire rack into lower third of Digital Air Fryer Convection Oven. Select BAKE function and preheat to 400°F (204°C).
- 2- Grease 9-inch (23 cm) springform pan and line with 2 parchment papers, overhanging sides.
- 3- In bowl of stand mixer, add cream cheese and sugar; blend until smooth. One at a time, add in eggs, scraping down sides as needed.
- 4- On low speed, beat in flour, vanilla and salt until incorporated. Gently pour in cream and blend until mixture is smooth and combined. Pour into prepared pan.
- 5- Bake for 30 to 40 minutes or until edges and top are dark brown and slightly burnt but center is still jiggly. Let cool in pan for 20 to 25 minutes, then gently release and transfer to plate.
- 6- Refrigerate for 4 hours or up to overnight before serving.

Tip: Serve with fresh berries, a berry compote or dollop of whipped cream if desired.





MIXED BERRY MINI PAVLOVAS

Serves 4

Ingredients

- 3 large egg whites, at room temperature
- ⅛ tsp (0.5 mL) cream of tartar
- ¾ cup + 2 tbsp (205 mL) superfine sugar, divided
- ½ cup (125 mL) blackberries, divided
- ½ cup (125 mL) raspberries, divided
- ½ cup (125 mL) quartered strawberries, divided
- 2 tsp (10 mL) freshly squeezed lemon juice
- 1 tsp (5 mL) vanilla extract, divided
- ⅛ tsp (0.5 mL) salt
- 1 cup (250 mL) heavy or whipping (35%) cream
- 3 tbsp (45 mL) confectioners' (icing) sugar

Procedure

- 1-** In the Digital Air Fryer Convection Oven, set the drip tray to the middle rack. Line baking sheet with parchment paper.
- 2-** In medium bowl, using handheld electric mixer at high speed, whip egg whites with cream of tartar until foamy, about 2 minutes. Gradually add ¾ cup (175 mL) superfine sugar until glossy and stiff peaks form, about 8 to 10 minutes.
- 3-** Spoon egg whites mixture onto prepared baking sheet and make 4 mounds, spacing them 3 inches (7.5 cm) apart. Gently create swooping edges and a slight depression in the center of each one.
- 4-** Slide baking sheet into upper third of oven. Set oven to BAKE at 150°F (70°C). Bake for 30 to 40 minutes or until meringue is lightly toasted. Turn off oven and let meringues cool completely in oven, about 2 to 3 hours or until meringues are set and crisp on the outside.
- 5-** Meanwhile, in small saucepan set over medium heat, add ¼ (60 mL) blackberries, ¼ cup (60 mL) raspberries, ¼ cup (60 mL) strawberries, remaining 2 tbsp (30 mL) superfine sugar, lemon juice, ½ tsp (2 mL) vanilla and salt. Cook, stirring occasionally, for 8 to 10 minutes or until sauce has thickened. Remove from heat and, using handheld electric mixer or blender, blend until smooth.
- 6-** In small bowl, using handheld electric mixer with clean beaters, beat cream with confectioners' sugar and remaining vanilla until stiff peaks form. Spread into centers of cooled meringue. Top with berry sauce and top with remaining blackberries, remaining raspberries and remaining strawberries. Serve immediately.

Tips: Top with fresh mint or toasted chopped pistachios or hazelnuts, if desired.

For an exotic tropical twist, substitute berries with mangos, pineapple and/or passionfruit.



LEMON-ICED CINNAMON-NUT ROLLS

Serves 12

Ingredients

Cinnamon Rolls

- 12 tablespoons (1 ½ sticks) unsalted butter, softened
- 2/3 cup firmly packed brown sugar
- 2 tablespoons ground cinnamon
- ¼ cup chopped walnuts
- 2 sheets frozen puff pastry, thawed

Icing

- ½ cup confectioners' sugar
- 1 tablespoon lemon juice
- ⅛ teaspoon vanilla extract
- 1 tablespoon milk

Procedure

- 1- *To make rolls:* In a small bowl mix the butter, brown sugar and cinnamon until well combined. Spread half the mixture evenly over each puff pastry sheet, then sprinkle half the nuts over cinnamon mixture on each sheet.
- 2- Starting from one long end gently roll up each pastry sheet and firmly press the seams of each to seal. Using a serrated knife or thin kitchen twine cut each roll crosswise into 6 even pieces.
- 3- Spray the Baking Tray with vegetable cooking spray. Arrange the rolls, cut-side-up, close but not touching on Tray. Slide the Tray into the Oven in the middle rack position.
- 4- Select Bake. Set temperature at 400° F; set time at 12 minutes. Bake until rolls are crisp and golden brown, checking for doneness after half the cooking time. Remove rolls to a cooling rack while making the icing.
- 5- *To make icing:* In a small bowl stir the confectioners' sugar, lemon juice and vanilla. Add milk a little at a time, stirring until smooth and liquid enough to drizzle or spread. Drizzle or spread the icing over the rolls and serve warm.

Sur la table



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