



OKLAHOMA COUNTY  
EXTENSION



Metropolitan  
LIBRARY SYSTEM

*Get Cooking:*

**AIR FRYER**

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# TOPICS COVERED:

- What is an air fryer?
- How do air fryers work
- Models available
- Cleaning & Maintenance
- Additional Tips





# WHAT IS AN AIR FRYER

- Considered a "countertop convection oven"
  - Doesn't actually "fry" food
  - Simulates deep frying by browning
- Typically three components: air fryer base, basket, & basket base





# WHAT IS AN AIR FRYER

Parts of an air fryer



**BASKET**



**BASKET BASE**



**AIR FRYER BASE**

# HOW AIR FRYERS WORK

- Consist of two elements:
  - Heating element: heat source above radiates down & fan circulates hot air throughout
  - Exhaust element: exhaust regulates the internal temperature by releasing small amounts of air, steam, & smoke out when necessary (unit becomes too hot)

To allow for proper and safe circulation, make sure the unit is 4" or more from the walls





# HOW AIR FRYERS WORK

- Simultaneous circulation of heat mimics the cooking results similar to that of deep frying, but without the excessive grease or oil





# HOW AIR FRYERS WORK

## DEEP FRYERS VS. AIR FRYERS



- Deep fryers require enough oil to completely submerge the food
- The oil soaks the food items making it higher in saturated fat & more calories
- Deep fryers can only fry food

- Air fryers only need a tablespoon of oil or no oil at all to cook foods
- This sometime causes the food to be a little dryer than when deep fried
- Air fryers have different cooking methods such as roasting, grilling, & baking





# HOW AIR FRYERS WORK

## Components



From Mesheble



Display/Control Panel:  
Air Fryer  
Presets, time & temperature controls

# HOW AIR FRYERS WORK

## Preheating

- Preheating is recommended for most foods\*
- Some units have a preheat button but any unit can be preheated



## PREHEATING UNIT:

1. Set the temperature at which you will be cooking the food
  - a. 3 qt. size or less ~2 minutes
  - b. 3 qt. size or larger ~5 minutes
2. Press "preheat" or "start" if there is no button

\*Foods not requiring preheating: bacon, dehydrate



# HOW AIR FRYERS WORK

## Turning Food Over

- Turning food over halfway through or multiple times during will allow for even cooking
- Some units have a "turn" reminder that can be set
- With most units, you can safely pull out the drawer or open the air fryer and it will automatically resume when closed again

## DON'T OVERCROWD FOOD

- Can lead to longer cooking times and an uneven bake





# MODELS AVAILABLE

**Instant Pot Air Crisper Attachment**  
\$90



**10 qt. Instant Vortex:**  
Roast, broil, bake, toast, reheat, proof, dehydrate, rotisserie  
\$130



**5 qt. Ninja Foodi**  
Pressure cook, steam, bake, roast, slow cook, sear/saute, dehydrate, yogurt, broil, sous vide,  
\$180



**2.1 qt. Elite Gourmet Personal Electric Hot Air Fryer**  
Cook and bake  
\$48



**Ninja Foodi Two-Basket Air Fryer**  
Air fry, air broil, roast, bake, heat and dehydrate  
\$160





# MODELS AVAILABLE

Questions to consider

- There are a wide variety of air fryers on the market.  
Consider these questions if you are looking into buying one:
  - What size will suit you best?
    - Preparing for 1, 2, or more people?
    - Multi function uses: air fryer, pressure cooker, bake...
  - Easy to use?
    - Some models have digital screens, others use dials
  - Cost of the appliance worth what you will get out of it?



# CLEANING & MAINTENANCE

Check the user manual to see your units specific cleaning recommendation

## BASKET & BASE:



- the basket, basket base and/or the dividing compartment (if it has one) can often be washed on the top rack of the dishwasher. However, this can degrade the non-stick surface. Wash by hand with warm water, soap, and a non-abrasive sponge.

## AIR FRYER BASE



- Unplug the appliance and let it cool completely. Gently wipe it clean with a damp cloth. You can check the coil underneath at the top. If there is oil residue, use a damp cloth to wipe it down.



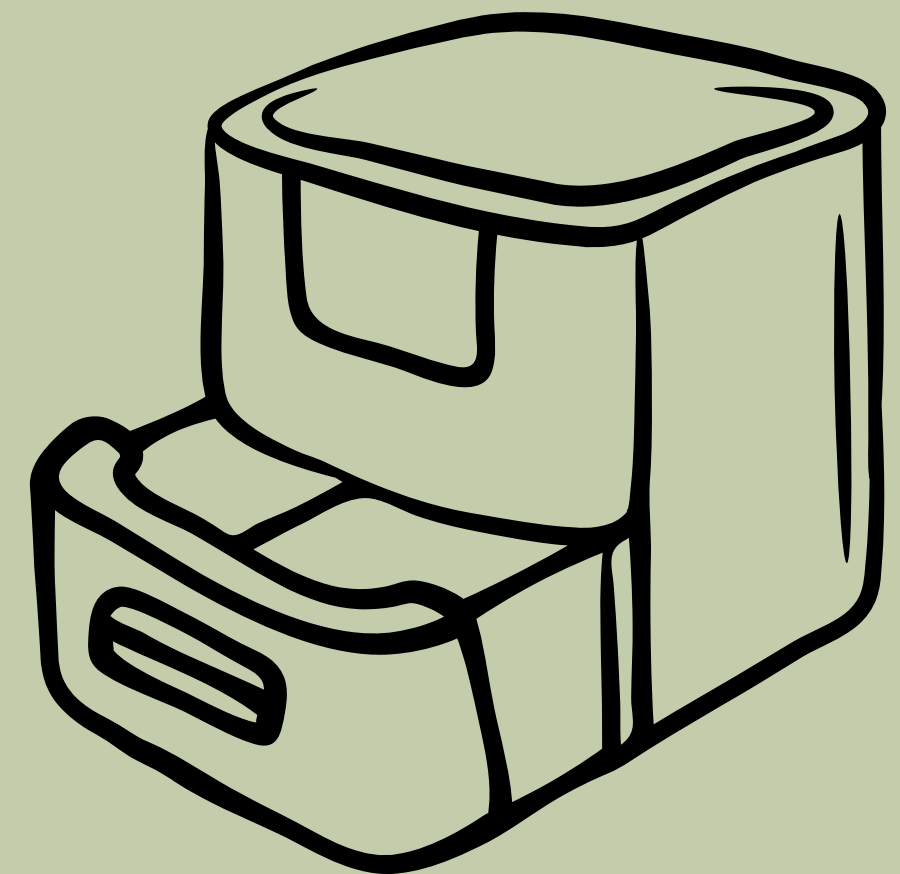
# CLEANING & MAINTENANCE

- Clean the air fryer after every use
- Remove and unplug from outlet
- If residue is stuck to the bottom of the basket, fill it with hot water and dish soap and let it soak
- Ensure air fryer is completely dry before using



# ADDITIONAL TIPS

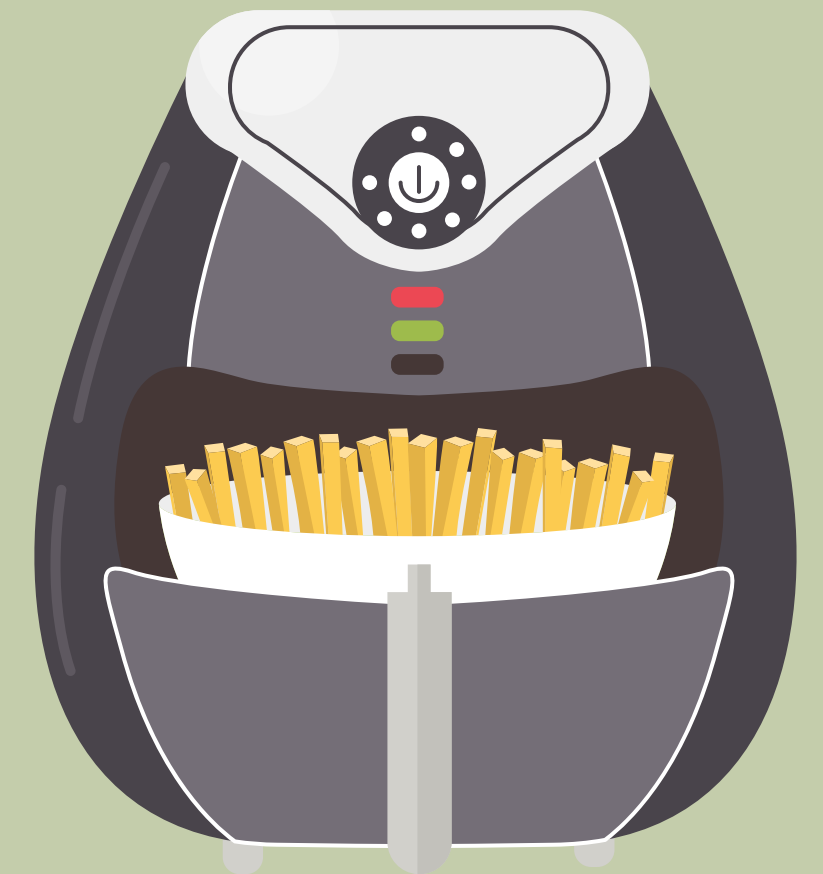
- Air fryers perform similar to ovens, refer to oven instructions on item packaging or recipe
- Snacks that can be prepared in an oven can also be prepared in the air fryer
- Smaller ingredients usually require a slightly shorter cook time than larger ingredients





# ADDITIONAL TIPS

- Turning or tossing food halfway through the cook time will deliver evenly browned and crispy results
- Add 1 tablespoon of oil to fresh potatoes for a crispy result. Air fry ingredients within a few minutes after adding
- Do not prepare foods that will produce a large amount of grease in the air fryer
- Always check the manual for your specific unit for other tips



# PROGRAM EVALUATION



<https://forms.office.com/Pages/ResponsePage.aspx?id=HclpKknoNE6iMM34sn4ZZJZzxarkLM9OiBILxeVe6UFUNIU4RVdBVUJDSFVSUzM4ODNNOUYwR1VRUC4u>



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*Other questions?*  
*Contact me*

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# RESOURCES

1. Arleen James. Extension Educator, FCS/4-H/CED. Texas County OSU Extension Service. *"What Can I Cook in My Air Fryer"*
2. Gourmia User Manual. GAF556. (2021). The Steelstone Group.
3. America's Test Kitchen. (2021). Retrieved from <https://www.americastestkitchen.com/guides/air-frying/frequently-asked-air-frying-questions>
4. The Krazy Coupon Lady. (2021). 11 Air Fryer Mistakes You'll Regret Not Knowing. Retrieved from <https://thekrazycouponlady.com/tips/at-home/mistakes-avoid-air-fryer>
5. Consumer Reports. (October 4, 2021). Best Air Fryers of 2021. Retrieved from <https://www.consumerreports.org/air-fryers/best-air-fryers-of-the-year-a3919863393/>
6. Bernalillo County Cooperative Extension Service. (September 9, 2020). All About Air Fryers. Retrieved from <https://aces.nmsu.edu/county/bernalillo/familylife/documents/air-fryer-pp-handout.pdf>

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