



AIR WHIRL™ CRISPER RECIPE GUIDE



Air Fried Bacon Jalapeño Poppers

Makes 10



Ingredients

4 ounces cream cheese, room temperature

4 ounces parmesan cheese, grated

½ teaspoon kosher salt

¼ teaspoon coarse black pepper

1 tablespoon garlic powder

4 pieces thick cut bacon, cooked and chopped

2 tablespoon fresh chives, chopped, divided

1 tablespoon butter, melted

½ cup panko breadcrumbs

5 jalapeños, halved and seeded

Non-stick cooking spray

Avocado ranch dressing for serving (optional)

Method

- 1 In a small bowl combine cream cheese, parmesan cheese, salt, black pepper, garlic powder, chopped bacon and 1 tablespoon of the chives.
- 2 In a separate bowl combine melted butter and panko.
- 3 Spoon mixture in to halved jalapeños and top with panko mixture, pressing breadcrumbs into the cream cheese.
- 4 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 5 Place jalapeños cut side up on to grill rack and cover with the Air Whirl air frying lid.
- 6 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 7 Cook for 10 minutes, or until jalapeños are soft, and topping is lightly browned.
- 8 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 9 Remove from grill rack, top with remaining chives and serve with avocado ranch dressing if desired.
- 10 Let cool for 2-3 minutes then serve.

Air Fried Broccoli, Cauliflower & Carrots

Makes 6 cups



Ingredients

2 cups broccoli florets

2 cups cauliflower florets

4 carrots, peeled and cut into ½ inch pieces on a bias

2 tablespoons olive oil

½ teaspoon salt

¼ teaspoon coarse black pepper

½ teaspoon garlic powder

¼ teaspoon paprika

Non-stick cooking spray Non-stick cooking spray

Ranch dressing for serving (optional)

Method

- 1 In a medium size bowl combine broccoli, cauliflower and carrots. Add olive oil and toss to coat evenly.
- 2 In a separate small bowl combine salt, pepper, garlic powder, and paprika.
- 3 Add spice mixture to vegetables and toss to coat evenly.
- 4 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 5 Place broccoli, cauliflower and carrots on grill rack and cover with Air Whirl air frying lid.
- 6 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 7 Cook for 8 minutes, turn vegetables, then cook for an additional 6-8 minutes or until vegetables are tender and edges are crispy.
- 8 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 9 Remove from grill rack and serve with ranch dressing.

Air Fried Mini Bagel Pizzas

Makes 4



Ingredients

2 mini bagels, plain, split

4 tablespoons store-bought marinara

$\frac{3}{4}$ cup shredded whole milk mozzarella

24 mini pepperoni or 8 slices pepperoni cut into quarters

Non-stick cooking spray

4 fresh basil leaves, sliced or torn

2 tablespoons freshly grated parmesan cheese

Method

- 1 Place bagels on cutting board.
- 2 Spread marinara evenly on each bagel half, then add mozzarella, and pepperoni slices.
- 3 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 4 Place bagels on grill rack.
- 5 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 6 Cook for 15 minutes or until bagels are toasty, and cheese is melted and lightly browned.
- 7 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 8 Remove from grill rack, top with basil and freshly grated parmesan.
- 9 Let cool for 1-2 minutes and serve.

Air Fried Mozzarella Sticks

Makes 9 sticks



Ingredients

1/4 cup all-purpose flour

3/4 teaspoon kosher salt

1/4 teaspoon coarse black pepper

1/2 teaspoon garlic powder

2 teaspoons cornstarch

2 large eggs, beaten, room temperature

1 tablespoon milk

3/4 cup Panko breadcrumbs

1/2 teaspoon Italian seasoning

1/2 pound mozzarella cheese cut into 3/4 in by 3-inch sticks (or you can use 8 whole milk mozzarella cheese sticks)

Parchment or wax paper

Non-stick cooking spray

Fresh Italian parsley for garnish

1/2 cup store-bought marinara sauce

Method

- 1 In a shallow bowl combine flour, salt and pepper.
- 2 In a second bowl whisk together eggs and milk.
- 3 Place breadcrumbs in a third shallow bowl.
- 4 Coat each piece of mozzarella in flour mixture, then egg and then breadcrumbs shaking off excess. Then repeat with flour, egg, breadcrumbs until all mozzarella sticks have been coated twice.
- 5 Place mozzarella sticks on a tray lined with parchment paper and place in the freezer for 1-2 hours or until mozzarella sticks are fully frozen.
- 6 Remove mozzarella sticks from freezer when ready to cook.
- 7 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 8 Place mozzarella sticks on grill rack and cover with Air Whirl air frying lid.
- 9 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 10 Cook for 6 minutes, turn mozzarella sticks, then cook for an additional 4-6 minutes until golden and crispy.
- 11 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 12 Remove from grill rack, garnish with parsley and serve with marinara sauce.

Air Fried Buffalo Cauliflower

Makes 8



Ingredients

¾ cup buffalo wing sauce

1 tablespoon unsalted butter, melted

1 tablespoon olive oil

2 teaspoons kosher salt

2 teaspoons garlic powder

2 teaspoons onion powder

1 medium head cauliflower, cut into 1–2-inch florets

2 tablespoons cornstarch

¼ cup panko breadcrumbs

Non-stick cooking spray

2 ounces blue cheese crumbles (optional)

Ranch dressing for dipping (optional)

celery sticks (optional)

Method

- 1 In a medium bowl combine wing sauce, butter, olive oil, salt, garlic powder and onion powder.
- 2 Add cauliflower and toss until thoroughly coated.
- 3 Sprinkle cornstarch over sauced cauliflower and toss until evenly coated.
- 4 Add panko and toss until evenly coated.
- 5 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 6 Place cauliflower on grill rack and cover pan with the Air Whirl air frying lid.
- 7 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 8 Cook for 7 minutes, turn using tongs or a fork, then cook for another 7 minutes until cauliflower is tender and coating is crispy.
- 9 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 10 Remove from grill rack, sprinkle with blue cheese, and serve with ranch dressing and celery sticks.

Air Fried Chicken and Waffles

Makes 4 pieces



Ingredients

1-pound boneless, skinless chicken thighs

1 Tablespoon kosher salt (divided)

2 ½ teaspoons black pepper (divided)

2 large eggs

1 cup buttermilk

1 tablespoon hot sauce

1 cup All-Purpose flour (or flour of your choice)

1 tablespoon cornstarch

1 teaspoon garlic powder

1 teaspoon onion powder

1 tablespoon paprika

Non-stick cooking spray

4 Frozen waffles (if desired)

Non-stick cooking spray

4 Frozen waffles (if desired)

Method

- 1 Pat chicken thighs dry with a paper towel and season with 1 teaspoon salt and ½ teaspoon coarse black pepper and set aside.
- 2 In a medium size bowl, whisk together eggs, buttermilk and hot sauce.
- 3 In a separate bowl whisk together flour, remaining salt and pepper, cornstarch, garlic powder, onion powder and paprika.
- 4 Spray grill rack with non-stick cooking spray and place in prepared pan.
- 5 Coat chicken pieces by coating each piece first in flour, then in buttermilk, then in flour again.
- 6 Place chicken on grill rack in pan and cover pan with the Air Whirl air frying lid.
- 7 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 8 Cook for 15-18 minutes, turning every 3-4 minutes until golden brown and internal temperature reaches 165 degrees.
- 9 Remove chicken from grill rack and replace with 2 of the waffles, place Air Whirl air frying lid on top.
- 10 Cook for 3 minutes each side or until crispy, repeat with remaining waffles and bacon if desired.
- 11 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 12 Remove waffles from grill rack, top waffles with chicken and serve with bacon and maple syrup.

Air Fried Fish and Chips

Makes 2



Ingredients

1/3 cup all-purpose flour

1/2 teaspoon coarse black pepper, divided

2 large eggs, room temperature

2 tablespoons water

1 cup panko breadcrumbs

1 tablespoon grated parmesan cheese

1/8 teaspoon cayenne

1 pound cod or haddock fillets

1/2 teaspoon kosher salt, divided

1 teaspoon onion powder

1/2 package store-bought steak fries

Non-stick cooking spray

1/4 teaspoon paprika

Tartar sauce for serving, optional

Method

- 1 In a medium size shallow bowl combine flour and 1/4 teaspoon pepper.
- 2 In a second bowl whisk together eggs and water.
- 3 In a third bowl combine panko, grated parmesan and cayenne.
- 4 Place fish on cutting board and season with 1/4 teaspoon salt.
- 5 Dip in to flour mixture, coating all sides, shake off excess flour then, dip in egg mixture, then in panko mixture, pressing panko to help coating adhere. (For extra crispy fish you can repeat this process)
- 6 Lightly spray frozen fries with non-stick cooking spray.
- 7 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 8 Place fish and fries on grill rack.
- 9 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 10 Cook for 5 minutes, then flip the fish and stir the fries and cook for an additional 5-6 minutes or until internal temperature of the fish is 145 degrees, and fries are crispy.
- 11 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 12 Remove from grill rack, sprinkle fries with remaining salt and paprika.
- 13 Serve with tartar sauce.

Air Fried Pork Chops, Apples & Brussels

Makes 2



Ingredients

2 5-6-ounce boneless pork loin chops

3 teaspoons olive oil, divided

¼ teaspoon kosher salt

½ teaspoon black pepper, divided

1 teaspoon maple syrup

1 teaspoon Dijon mustard

10 Brussels sprouts, quartered

½ teaspoon ground cinnamon

¼ teaspoon canola or vegetable oil

¼ teaspoon pure vanilla extract

1 tablespoon butter, melted

½ tablespoon sugar

1 apple, sliced into ½ inch slices

Non-stick cooking spray

Method

- 1 Place pork chops on cutting board and pat dry with paper towel.
- 2 Lightly coat pork chops with 1 teaspoon olive oil, and season with salt and ¼ teaspoon black pepper.
- 3 In a medium sized bowl whisk together 2 teaspoons olive oil, ¼ teaspoon black pepper, maple syrup, and mustard.
- 4 Add brussels sprouts to bowl and toss until well coated.
- 5 In a separate bowl combine ground cinnamon, canola oil, vanilla, butter and sugar. Add apples and mix until all apple slices are coated.
- 6 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 7 Place porkchops, brussels sprouts, and apples to grill rack.
- 8 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 9 Cook for 6 minutes, then flip the pork chops and stir the apples and brussels sprouts and cook for an additional 6 minutes or until internal temperature of the pork chops are 145 degrees, brussels sprouts are crispy and apples are tender.
- 10
- 11 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 12 Remove from grill rack and serve.

Air Fried Salmon, Broccolini & Lemon

Makes 2



Ingredients

2 8-ounce skin-on Salmon filets

1 teaspoon salt

2 tablespoons brown sugar

1 teaspoon chili powder

½ teaspoon paprika

1 teaspoon Italian seasoning

1 teaspoon garlic powder

2 teaspoons olive oil

Non-stick cooking spray

1 bunch broccolini, trimmed

1 lemon, halved

Dill (optional)

Method

- 1 Place Salmon on cutting board, and season with salt, let sit for 10 minutes.
- 2 In a small bowl combine the pepper, brown sugar, chili powder, paprika, Italian seasoning, and garlic powder.
- 3 Rub Salmon with olive oil, then rub spice mixture evenly on both pieces of salmon.
- 4 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 5 Place salmon, skin side down on the grill rack, along with broccolini and lemon.
- 6 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 7 Cook for 12 minutes or until internal temperature of the salmon is 145 degrees, broccolini is tender, and lemons are soft.
- 8 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 9 Remove from grill rack, squeeze lemon on top of salmon, garnish with dill and serve with broccolini.

Air Fried Double Stuffed Oreos

Makes 8



Ingredients

1 8-ounce package Crescent dough sheet
(or traditional crescent rolls)

8 double stuffed Oreos

Non-stick cooking spray

Powdered sugar (optional)

Chocolate syrup (optional)

2 large eggs, beaten, room temperature

1 tablespoon milk

Method

- 1 Spread out crescent dough sheet on a cutting board. Using a pastry wheel or knife, cut dough in to 8 equal squares. (If using traditional crescent rolls press the perforations together to make one sheet prior to cutting)
- 2 Place one cookie on each square and fold the corners of the dough in starting with left and right then top and bottom, pressing down to make sure entire cookie is covered.
- 3 Lightly spray grill rack with non-stick cooking spray and place in prepared pan.
- 4 Place dough covered cookies on grill rack 1 inch apart and cover pan with the Air Whirl air frying lid.
- 5 Set stove to medium heat, then turn on the Air Whirl air frying lid by pressing the power button.
- 6 Cook for 3-4 minutes on each side or until golden brown.
- 7 When cooking is complete, press the power button to turn off Air Whirl air frying lid then remove the lid.
- 8 Remove from grill rack, dust with powdered sugar or drizzle with chocolate syrup if desired.
- 9 Let cool for 1-2 minutes and enjoy!



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