

# Toyomi<sup>®</sup>

# Recipe Book

# レシピ本

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STEAM AIR FRYER RECIPES

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vol.05



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## Dough Sticks (Youtiao)

生地スティック (油条)



うまい!

### INGREDIENTS:

Frozen Dough Sticks  
Vegetable Oil  
1 tbsp salt

### PREPARATIONS:

1. Preheat the air fryer to 200°C for 5 minutes
2. Brush oil to the frozen dough stick and then sprinkle salt on it.
3. Place it in the air fryer and air fry at 200°C for 10 to 15 minutes until it turns golden brown.

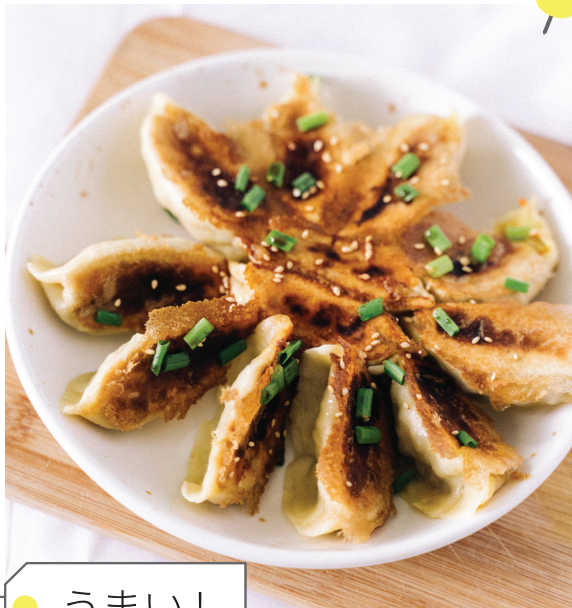
### TIPS:

You can purchase frozen dough sticks in advance and air fry them.

In the midst of air frying, give it a gentle shake to ensure even heating of the dough sticks.

## Crispy Dumplings

サクサクしたゆで団子



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### INGREDIENTS:

Dumplings (Fresh, frozen or thawed)  
Vegetable Oil

### PREPARATIONS:

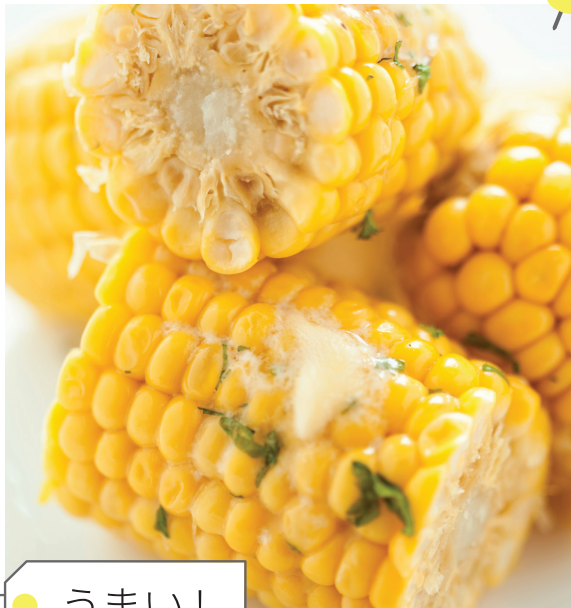
1. Preheat the air fryer to 180°C for 5 minutes
2. Lightly brush the air fryer basket with vegetable oil.
3. Spread out the dumplings in a single layer, ensuring ample space for proper air circulation.
4. Air fry at 200°C for 10 minutes, gently shake, and continue air-frying for an extra 2 minutes.

### TIPS:

You can purchase frozen dumplings in advance and air fry them. Add an extra 5-10 minutes of air frying time if dumplings are frozen.

## Butter Corn

バター・コーン



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### INGREDIENTS:

- 4 ears fresh corn
- 2 tbs butter
- salt

### PREPARATIONS:

1. Rinse the corn, discard the husks and silk, and then cut the corn into quarters.
2. Preheat the steam air fryer to 200°C for 5 minutes.
3. Bake at 200°C for 20 to 25 minutes.
4. Take it out of the basket and flavour it with butter and salt.

### TIPS:

You can flavour it with any flavouring of your choice.

## Purple Sweet Potatoes

紫のサツマイモ



うまい!

### INGREDIENTS:

- 4 sweet potatoes
- 2 tsp olive oil
- salt and pepper to taste

### PREPARATIONS:

1. Wash the sweet potatoes and set aside.
2. Preheat the air fryer to 200°C for 5 minutes.
3. Lightly coat each sweet potato with olive oil and individually wrap them in aluminum foil, ensuring a tight seal.
4. Place the wrapped potatoes in the air fryer and bake it at 200°C for 25 to 30 minutes.
5. Take it out and season it with salt and pepper to taste.



## Golden Tofu

ガーリックチリソース



うまい!

### INGREDIENTS:

- 1 block extra-firm tofu
- 2 tbsp soy sauce
- 1 tbsp sesame oil and olive oil
- 1 tbsp cornstarch

### PREPARATIONS:

1. Gently press the tofu to remove excess moisture, then cut it into bite-sized cubes.
2. Mix all the marinade ingredients in a small bowl. Pour the mixture over the tofu and let it marinate for 15 minutes.
3. Preheat the air fryer to 200°C for 5 minutes.
4. Coat tofu cubes with cornstarch, air fry for 10-15 minutes, shaking occasionally for even cooking.
6. Serve it with your favourite dipping sauce.

## Chicken Skewers

蒸気をあてられた紫のサツマイモ



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### INGREDIENTS:

- |                        |                    |
|------------------------|--------------------|
| 200g of chicken thighs | 2 tsp cayenne      |
| 2 tsp garlic powder    | 1 tsp salt         |
| 2 tsp onion powder     | 1 tsp black pepper |
| 2 tsp paprika          | olive oil          |

### PREPARATIONS:

1. Dice chicken into 1/4-inch cubes. In a large bowl, thoroughly whisk the ingredients until well combined. Cover and refrigerate for 1-2 hours.
2. Preheat the air fryer to 200°C for 5 minutes.
3. Thread the marinated chicken evenly onto wooden skewers, ensuring sufficient space between each piece for proper air circulation.
4. Bake for 5 minutes, flip the skewers to achieve browning on all sides, and continue baking for an additional 8-10 minutes.
5. Top with parsley and brush with any flavouring of your choice and enjoy!

## Barbecue Pork Ribs

バーベキュー・ポークのばら肉



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### INGREDIENTS:

1 pork baby back ribs	1 tbsp cumin
1 tbsp paprika	1 tsp sesame seeds
1 tbsp garlic powder	olive oil
1 tbsp salt and pepper	barbecue sauce

### PREPARATIONS:

1. Wash and cut ribs into smaller pieces.
2. Mix all the seasonings in a small bowl and evenly coat the ribs with the seasoning.
3. Preheat the air fryer to 200°C for 5 minutes.
4. Air fry the ribs for 10 minutes, flip, air fry for another 10 minutes, then brush with barbecue sauce and air fry for an additional 5 minutes.
5. Add a touch of sesame seeds to the pork ribs and serve them with an extra side of barbecue sauce for dipping and enjoy!

## Chicken Kebabs

鶏のカバブ



うまい!

### INGREDIENTS:

500g of chicken breast	2 tbsp honey
1 yellow bell pepper	2 tbsp soy sauce
1 red bell pepper	2 tbsp olive oil
1 tsp garlic powder	1 tsp chili powder

### PREPARATIONS:

1. Dice chicken into 1/4-inch cubes. In a large bowl, combine honey, soy sauce, garlic powder and chili powder.
2. Allow the chicken to marinate in the large bowl and set it aside for 15 minutes.
3. Preheat the air fryer to 200°C for 5 minutes.
4. Thread chicken and vegetables onto skewers, alternating and layering chicken with a few vegetable pieces. Repeat until each skewer is filled.
5. Bake for 7-9 minutes, flipping the skewers halfway through the cooking process.
6. Savor the skewers over pita or enjoy them on their own.

# Buffalo Chicken Wings

バッファロー・チキン翼



うまい!

## INGREDIENTS:

500g chicken wings	2 tsp unsalted butter
1 tbsp salt adjust to taste	1 tsp garlic powder
1 tsp ground black pepper	1/3 cup hot sauce
1 tsp Worcestershire sauce	

## PREPARATIONS:

1. Wash the chicken wings and season it with salt and pepper.
2. Preheat the air fryer to 200°C for 5 minutes.
3. Air fry the chicken wings for 10 minutes, then flip them and air fry for an additional 10 minutes.
4. Combine hot sauce, melted butter, garlic powder and Worcestershire sauce, whisking them together.
5. Take the chicken wings out of the basket and transfer them to a large bowl. Pour the sauce over them and toss for an even coating.
6. Serve alongside your favorite dipping sauce and enjoy!

# Fish and Chips

フィッシュ・アンド・チップス



うまい!

## INGREDIENTS:

400g of cod fillet	1 tsp black pepper
1/2 cup all purpose flour	1 tsp salt
1 tsp garlic powder	tartar sauce
1/2 cup panko bread crumbs	lemon wedges
2 tsp paprika	1 tsp garlic powder

## PREPARATIONS:

1. Combine flour with paprika, garlic powder, salt, and black pepper.
2. Whisk an egg in a separate bowl, and place panko in a third bowl.
3. Dry the fish with a paper towel. Coat the fish in the flour mixture, followed by the egg and panko breadcrumbs, gently pressing to ensure the crumbs stick together.
4. Air fry at 200°C for 10-15 minutes, flipping halfway, until the fish is lightly golden.
5. Serve immediately with fries and tartar sauce, if desired.



## Calamari

イカリングフライ



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### INGREDIENTS:

400g of calamari rings      2 cups panko  
 1 large egg                      1 tsp sea salt  
 1/4 cup milk                      1 tsp black pepper  
 1/2 cup all-purpose flour

### PREPARATIONS:

1. Preheat the air fryer to 200°C for 5 minutes.
2. Place flour in a bowl. In a separate bowl, whisk together egg and milk. Combine panko with salt and pepper in a third bowl.
3. Dredge calamari rings in flour first, followed by the egg mixture, and finally, coat them in the panko mixture.
4. Arrange the rings in the basket, making sure they do not overlap. If necessary, work in batches.
5. Air fry for 10 minutes, flipping halfway, and continue cooking for an additional 3 minutes until the rings are browned and crispy.

## Baked Salmon

焼かれたサケ



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### INGREDIENTS:

2 170g salmon fillets  
 1 tsp olive oil  
 1 tsp salt  
 1 tsp black pepper

### PREPARATIONS:

1. Remove skin and bones from salmon.
2. Lightly coat the salmon with oil and season both sides with salt and pepper.
3. Air fry the salmon at 200°C for 10 minutes or until it reaches your preferred texture.
4. Take it out of the air fryer and transfer it to serving plates. Allow the salmon to rest for 3 to 5 minutes, then garnish as preferred and serve.



## Garlic Butter Shrimp

ニンニク・エビ



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### INGREDIENTS:

450g of raw shrimp	1 tsp black pepper
5 tbsp butter	lemon wedges
1 tsp garlic powder	2 cloves garlic
1 tsp salt	2 tsp fresh parsley

### PREPARATIONS:

1. Melt the butter in a bowl.
2. Mince garlic, chop herbs, and mix them into the butter until well combined.
3. Place shrimp in the mixing bowl and thoroughly toss to ensure even coating.
4. Take the shrimp and put them in the air fryer basket, then season with salt and pepper.
5. Air fry the shrimp at 200°C for 10 minutes, flipping halfway. Add the remaining butter mixture and continue cooking for an additional 5 minutes.
6. Serve it on a plate with lemon wedges and enjoy!

## Cajun Fries

ケイジャン・フリース



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### INGREDIENTS:

2 large russet potatoes	1 tsp garlic powder
2 tsp olive oil	1 tsp paprika
2 tsp salt	1/2 tsp dried oregano
1 tsp cayenne pepper	1/2 tsp onion powder
1/2 tsp dried thyme	1/2 tsp black pepper

### PREPARATIONS:

1. Boil the potatoes and peel off the skin.
2. Pat the potatoes dry and cut them into strips. Gently toss the dried potato sticks with oil, then arrange them in the air fryer basket.
3. Air fry at 180°C for 25 minutes, shaking the basket halfway through to ensure even cooking.
4. Mix the seasonings together and toss to evenly coat the fries, then continue air frying for an additional 5 minutes.
5. Serve it up on a plate and enjoy!

## Roasted Almonds

焼かれたアーモンド



うまい!

### INGREDIENTS:

200g almonds

1 tsp olive oil

### PREPARATIONS:

1. Preheat the air fryer to 180°C for 5 minutes.
2. Place almonds in the air fryer basket and ensure even coating with oil.
3. Bake for 5 minutes, shake the basket, and continue cooking for an additional 5 minutes. Check every few minutes until they are done.
4. Transfer it to a bowl and allow it to cool before serving.

Tips: Almonds have a tendency to burn rapidly, so be sure to check every few minutes to ensure they are crispy and golden brown.

## Portugese Egg Tart

バター・トースト



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### INGREDIENTS:

1 cup fresh milk

1 1/2 tbsp cornstarch

1/4 heavy cream

1 tsp vanilla extract

1/4 granulated sugar

12 frozen pastry shells

3 pieces egg yolks

### PREPARATIONS:

1. In a bowl, mix together milk, cream, sugar, egg yolks, and cornstarch until the mixture is smooth and free of lumps.
2. Prepare the egg tart mixture using a double boiler, consistently stirring until it achieves an ideal consistency resembling that of crepe batter.
3. Submerge the custard filling in a bowl of cold water to halt additional cooking.
4. Add in the vanilla extract and let the mixture cool down to a room temperature.
5. Bake for 10-15 minutes then serve and enjoy!

# Sponge Cake

スポンジケーキ



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## INGREDIENTS:

- |                        |                         |
|------------------------|-------------------------|
| 100g butter            | 1/4 tsp vanilla extract |
| 110g caster sugar      | 105g self raising flour |
| 2 eggs                 | 1/4 tsp baking powder   |
| 2 tbsp milk (optional) |                         |

## PREPARATIONS:

1. Preheat the air fryer to 200°C for 5 minutes.
2. In the mixing bowl, combine butter and sugar, and use an electric mixer to whisk until the mixture achieves a light and fluffy consistency.
3. Once the butter and sugar are thoroughly mixed, add the eggs and milk into the mixture.
4. After combining, add the flour and baking powder continue mixing until smooth.
5. Pour the cake batter into a cake pan and bake for 25-30 minutes.
6. Insert a skewer into the cake, and if it comes out clean, the cake is ready. Serve and enjoy!

# Butter Toast

バター・トースト



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## INGREDIENTS:

- 1-3 slices of bread of choice
- 1 tbsp butter

## PREPARATIONS:

1. Preheat the air fryer to 180°C for 5 minutes.
2. Air fry the sliced bread for 12-15 minutes, flipping halfway through for even cooking.
3. Serve it with butter and enjoy!



## Hash Brown

ハッシュブラウン



### INGREDIENTS:

Frozen hash brown patties

salt (optional)

black pepper (optional)

### PREPARATIONS:

1. Preheat the air fryer to 200°C for 5 minutes.
2. Air fry the hash brown patties at 200°C for 10 minutes, then flip them over.
3. Continue air fry for extra 2-5 minutes or until it reaches your desired level of crispiness.
4. Season with salt and pepper and enjoy!

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## Roasted Chestnuts

焼かれたクリ



### INGREDIENTS:

Raw chestnuts

### PREPARATIONS:

1. Place the chestnuts in a large bowl, pour hot water over them, and let them soak for 15 minutes.
2. Take them out of the bowl and dry them by patting with a kitchen towel.
3. Use a kitchen knife to make a cross on each chestnut, scoring them to prevent bursting.
4. Preheat the air fryer to 200°C for 5 minutes.
5. Air fry it for 5 minutes, checking them every 2 minutes.
6. The chestnuts are ready to eat when the shells peel away, revealing the exposed flesh.
7. Remove the outer layer and enjoy!

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