

*Smart
Convection Oven*




Recipe Book

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Buffalo Chicken Wings

 4 servings

INGREDIENTS

- 2 pounds of chicken wings
- 1/2 tsp of cayenne pepper
- 1 tbsp of baking powder
- 2 tsp of garlic powder
- 1 tsp of fine sea salt

BUFFALO SAUCE

- 1/4 cup of hot sauce
- 2 tbsp of melted unsalted butter
- 4 tbsp of honey or sugar

DIRECTIONS

1. Pat dry the chicken wings with paper towels and transfer them to a large bowl.
2. In a small bowl, combine the baking powder, garlic powder, salt and pepper together, whisking well to combine, and sprinkle the mixture over the wings. Toss wings through the baking powder mixture until evenly coated.
3. Spray the basket with a nonstick cooking spray, place the wings into the basket.
4. Slide the air fryer basket into rack position 2, select the chicken wings function and set to 450°F for 18 min. Cook until golden and crispy.
5. Whisk together the hot sauce, melted butter, and honey (or sugar) until combined, then toss the wings in the sauce until evenly coated. Serve!


Important: Bigger chicken wings require longer cooking time.

Tip: Buffalo chicken wings are usually served with a variety of dips or sauces, such as ranch dressing or blue cheese dressing, to balance out the spiciness of the wings. They can also be served with vegetables, such as celery or carrot sticks, or with sides such as french fries, potato chips, or other favorites.



Crispy Chicken Wings



 4 servings

INGREDIENTS

- 3 pounds of chicken wings
- 1 tbsp of baking powder
- 1 tsp of fine sea salt
- 1/2 of tsp pepper

DIRECTIONS

1. Pat dry the chicken wings with paper towels and transfer them to a large bowl and add the baking powder, salt and pepper. Toss to combine.

Note: It's important to dry the wings first.

2. Slide the air fryer basket into rack position 2, select the chicken wings function and set to 450°F for 18 minutes. Cook until golden and crispy.


Important: Bigger chicken wings require longer cooking time.

Tip: Serve the wings with a variety of dips or dressings on the side. Ranch dressing, blue cheese dressing, and hot sauce are some popular options.



Chicken Wings - Sesame Ginger



 2 to 3 servings

INGREDIENTS

- 2 pounds of chicken wings, tips removed, drumettes and flats separated
- 1/4 cup of sesame oil
- 2 tbsp of honey
- 2 garlic cloves, grated
- 2 tbsp of soy sauce
- 6 green onions, thinly sliced
- 1/4 cup of toasted sesame seeds
- 1 piece of 2 inches ginger, peeled and grated

DIRECTIONS


1. Spray the basket with a nonstick cooking spray, arrange the wings in the basket.
2. Slide the air fryer basket into rack position 2, select the chicken wings function and set to 450°F for 18 minutes.
3. Add the sesame oil, soy sauce, honey, ginger and grated garlic into a bowl, whisk together. Add the sesame seeds and green onions.
4. When chicken wings are ready, place them in a large bowl and add the sauce. Toss the wings evenly to coat them in the sauce, then serve immediately.

Note: Bigger chicken wings require longer cooking time.



Sweet Potato Fries



 2 to 3 servings

INGREDIENTS

Sweet Potato Fries:

- Olive oil, for spraying
- 1/2 tsp of kosher salt
- 1 pound sweet potatoes, cut into 1/4-inch thick pieces (approx. 4 inches in length)

Chipotle Mayonnaise:

- 1/2 cup of mayonnaise
- 1 can of chipotle peppers in adobo, finely chopped
- 1/4 tsp of fresh lemon juice

DIRECTIONS

1. To prepare the chipotle mayonnaise, stir together the mayonnaise, chipotle pepper, and lemon juice in a bowl. Cover the bowl and refrigerate the mayonnaise until ready to serve.
2. To make sweet potato fries, start by peeling sweet potatoes and cutting them into 1/4-inch thick slices, each about 4 inches long. If you prefer, you can also leave the skins on to make wedges.
3. Once sweet potatoes are cut, place them into the air fryer basket. Spray the potatoes liberally with olive oil, sprinkle with salt and any other seasonings you desire. Then, place the air fryer basket into position 2 and select the french fries function, set the temperature to 450 F and set the timer for 21 minutes. Cook until the sweet potatoes are golden brown and crispy.
4. Once the sweet potato fries are ready, transfer them to a serving bowl, and season with a bit more salt for added flavor. Serve them with a side of Chipotle mayonnaise and/or ketchup. Enjoy!



French Fries



 2 to 3 servings

INGREDIENTS

- 1 pound of russet potatoes
- 1 tsp of salt
- Olive oil, for spraying
- Salt

DIRECTIONS


1. Peel the potatoes and cut them into 1/4 inch by 3 inch strips.
2. Soak the potato strips in water for 30 minutes.
3. After soaking the potatoes for 30 minutes, remove them and thoroughly dry them off using paper towels or a clean kitchen cloth.
4. Place the potatoes in the air fryer basket and spray them thoroughly with olive oil. Sprinkle salt and any other desired seasonings on the potatoes and toss them in the basket until they are evenly coated.
5. Slide the air fryer basket into rack position 2. Select the french fries function and set at 450°F for 18 minutes, cooking until desired crispiness is achieved.
6. When the french fries are done, place them in a serving bowl. Add seasoning as desired, serve immediately.

Tip: You can place a baking pan under the air fry basket to prevent making a mess.



Onion Rings



 4 servings

INGREDIENTS


- 1 onion
- 1.2 cup of all purpose flour
- 1 egg
- 1 tsp of smoked paprika
- 1/2 tsp of ground pepper
- 1/2 cup of milk
- 1 tsp of salt
- Canola oil

DIRECTIONS

1. Cut the onions into approximately 1/4-inch rings, carefully separating the rings from each other.
2. Pat dry the onion rings with paper towels to remove excessive moisture.
3. Line the baking pan with aluminum foil, brush the foil with a thin layer of canola oil, then set the pan aside.
4. Combine the flour, salt and paprika in a medium bowl and stir well.
5. Combine the egg, milk and salt in another bowl and stir well.
6. Dip each onion ring in the flour mixture, then the egg mixture. Coat the rings in bread crumbs, then transfer them to the baking pan, spray liberally with oil.
7. Insert the baking pan into rack position 2, select the French fries function, and set the temperature to 400 F. Cook for 12 minutes or until they are golden brown and reach your desired level of crispiness.
8. Once the onion rings are cooked, remove them from the pan and place them on a plate with your favorite dipping sauce. They are best served hot.



Kale Chips

 4 servings

INGREDIENTS

- 4 stems of curly kale
- Olive oil
- 1/4 tsp of salt

DIRECTIONS


1. Wash kale bunch and dry with paper towels. Carefully cut kale leaves from the thick stems and tear into bite size pieces.
2. Lightly spray with olive oil and sprinkle with salt. Once done add to air fry basket and lay out evenly in basket.
3. Slide the air fryer basket into rack position 2, set to bake function for 350°F for 5 minutes and keep an eye on it until kale chips are bright and crispy. You can place a baking pan under the air fryer basket to prevent making a mess.
4. Once your kale chips are ready, remove from oven and sprinkle with a little more salt or add some seasoning to taste.

Tip: Keep an eye on the kale while it is cooking, if they are brown on the edges they will be bitter and have been cooked too long.

Kale chips can be enjoyed with a simple sprinkle of salt, seasoned with some cayenne pepper, some ranch dressing or even dipped into hummus for an amazing snack.



Roasted Vegetables

 4 to 6 servings

INGREDIENTS

- 2 cups of broccoli florets
- 2 cups of mushrooms (portobella or cremini)
- 2 cups of butternut squash
- 1 zucchini, sliced and quartered
- 1 yellow squash, sliced and quartered
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 tbsp of olive oil
- 2 tbsp of balsamic vinegar
- 4 cloves garlic, minced
- 1 ½ tsp of dried thyme
- Kosher salt and freshly ground black pepper, to taste

DIRECTIONS

1. Take out the baking pan and line with parchment paper.
2. Cut all vegetables into same-sized pieces to ensure best results and even cooking.
3. Add all cut vegetables into a bowl and add olive oil, balsamic vinegar, garlic and thyme. Season with salt and pepper and gently toss to get a nice coating. Arrange the vegetables so that there is a single even layer on the baking sheet.
4. Slide the baking pan into rack position 3. Select the vegetables function and set at 450°F for 15 minutes.

Tips: There are many vegetables that can be roasted together, and the best ones will depend on your personal preferences. Some vegetables that roast well together include:


1. **Root vegetables:** Potatoes, carrots, parsnips, and beets are all great for roasting.
2. **Cruciferous vegetables:** Broccoli, cauliflower, and brussels sprouts all roast well and add a nice crunch to your dish.
3. **Squashes:** Acorn, butternut, and spaghetti squash all roast well and have a sweet, nutty flavor.

You can also mix and match different vegetables to find the combination that you like best. Just be sure to cut your vegetables into similar-sized pieces so that they cook evenly.



Baked Potato



 4 servings

INGREDIENTS

- 8 potatoes
- Olive oil
- Salt


DIRECTIONS

1. Scrub the potatoes well and pat them dry with a kitchen towel.
2. Slice the potatoes crosswise (the short way) into 1/4 inch slices, leaving about 1/4 inch on the bottom to connect all of the slices.
3. Place potatoes on the baking pan.
4. Slide the baking pan into rack position 2. Select the root vegetable function and set to 450°F for 35 minutes or until soft.
5. Serve with butter, cheese or sour cream.



Baked Pumpkin



 1 to 2 servings

INGREDIENTS

- 1 pumpkin
- Olive oil
- 1/2 tsp of salt
- 1/2 tsp of pepper
- 2 tbsp of fresh or 2 tsp of dried herbs


DIRECTIONS

1. Peel the pumpkin.
2. Cut the whole pumpkin in half and cut each pumpkin half into thick wedges.
3. Brush the pumpkin with olive oil.
4. Season with salt, black pepper, and fresh herbs or dried.
5. Place the pumpkin on the baking pan, slide into rack position 2. Select the Vegetables function and set at 450°F for 10 minutes or until soft.

Tip: Enhance the flavor of your pumpkin dish by adding a sprinkle of ground cayenne or hot paprika for a spicy kick. For a sweeter tone, add a pinch of ground cinnamon and nutmeg.



Bacon Wrapped Asparagus

 3 servings

INGREDIENTS

- 1 pound of asparagus
- Uncooked bacon
- Salt and pepper
- 2 tsp of olive oil

DIRECTIONS

1. Put parchment paper on the baking sheet.
2. Trim the ends of the asparagus so that they are 5-6 inches long and place them into a mixing bowl. Add olive oil and season with salt and pepper.
3. Take each asparagus spear and carefully wrap it in 1 slice of bacon, ensuring that the asparagus is wrapped but not overlapping. Secure it with a toothpick.
4. Place each bacon wrapped asparagus on the baking pan and place into position 3. Select the bacon function for 450°F for 10 minutes or until bacon is cooked to desired crispiness and asparagus is fully cooked.

Tip: Bacon-wrapped asparagus is a delicious and easy-to-make dish that can be enjoyed as an appetizer or served as a side dish. It pairs well with steak, seafood, chicken, eggs, and pasta. The serving options for this dish are versatile and can depend on the occasion and your personal taste.



Bacon Wrapped Shrimp



INGREDIENTS

- Sliced bacon, halved
- Large shrimp, peeled except for the tail
- Olive oil
- Fine sea salt
- Black pepper

DIRECTIONS

1. Evenly place the bacon strips on the air fryer basket. You can place a baking pan under the air fryer basket to prevent making a mess.
2. Select the bacon function and bake for 5 to 10 minutes, depending on the thickness of your bacon.
3. Meanwhile, place the shrimp in a medium bowl. Add the olive oil, salt, and pepper; toss to coat.
4. When the partially cooked bacon slices are cool enough to handle (about 5 minutes after you remove them from the oven), wrap each slice of bacon around one raw shrimp, securing with a toothpick. Return the wrapped shrimp to the oven-safe rack.
5. Bake for 10 more minutes until the shrimp are pink and the bacon is cooked through. Remove from oven, place on a plate and serve.

Tip: If your bacon strips are very long, cut them into thirds crosswise instead of in half. You want the strips to be long enough to wrap the shrimp, but not so long that a large area of the bacon overlaps.



Maple Brown Sugar Bacon

INGREDIENTS

- Thick-sliced bacon
- Brown sugar
- Maple syrup


DIRECTIONS

1. Lay the bacon strips over the air fry basket, overlapping slightly if necessary. Place a baking pan under the air fryer basket to prevent making a mess.
2. Combine the brown sugar and maple syrup into a saucepan and cook on stovetop at low heat just until mixture gets warm. Take mixture off stove and stir until combined, then brush mixture onto each bacon strip.
3. Slide the air fry basket into position 2 and the baking pan into position 3. Select the bacon function and set it at 450°F for 10 minutes.

Tip: The exact time will depend on the thickness of the bacon and your desired level of crispiness. We recommend checking the bacon after about 10-12 minutes and then continuing to cook in 2-3 minute increments until it is cooked to your liking. It is important to keep an eye on the bacon while it is cooking as it can go from perfectly crispy to burnt very quickly.



Scrambled Eggs

 1 to 2 servings

INGREDIENTS

- 3 large eggs
- 2 tbsp of milk
- Salt and pepper, to taste
- 1 tsp of butter or cooking spray

DIRECTIONS

1. Crack the eggs into a small bowl and beat them with the milk, salt, and pepper.
2. Grease the baking tray of the air fryer with butter or cooking spray.
3. Pour the mixture into the baking tray.
4. Slide the baking tray into rack position 2. Set the air fryer function to 300°F and cook the eggs for 3 minutes. Take the tray out and mix the eggs using the included tongs. Put the tray back in the oven for an additional 3 minutes or until they are cooked through.
5. Serve the eggs hot, garnished with additional salt and pepper, if desired.

Important: It is important to use oven mitts the whole time to ensure your safety when handling hot items in the oven. Remember to always use caution when handling hot items in the kitchen to avoid accidents.



White Cheese Pizza



2 to 4 servings

INGREDIENTS

- 1 thin-crust pizza dough
- 1/2 tsp of red pepper flakes
- 1/4 cup of ricotta cheese
- 2 garlic cloves, sliced thinly
- 9 slices of fresh mozzarella
- Nonstick cooking spray


DIRECTIONS

1. Roll dough ball into a thin round about 10 inches in diameter.
2. Spray the baking pan with nonstick cooking spray.
3. Place the pizza dough on the baking pan.
4. Add ricotta, slices of mozzarella, sliced garlic, and red pepper flakes on the pizza dough.
5. Slide the pan into rack position 3 and select the pizza function. Set it at 400°F for 11 minutes, or until the cheese is lightly browned and the bottom crust is golden.
6. Let the pizza cool for 5 minutes before cutting.

Tip: White pizza can be served with a variety of side dishes to create a complete meal. Some popular options to pair with white pizza include salads, soups, and garlic bread. By choosing sides that complement the flavors of the white pizza, you can create a balanced and enjoyable meal for your guests or family.



Classic Roasted Chicken

 4 to 6 servings

INGREDIENTS

- 5 pounds of chicken, giblets removed
- 2 tbsp of avocado or olive oil
- 1 tbsp of salt
- 1 tsp of freshly ground black pepper
- 1 tsp of garlic powder
- 1 tsp of paprika
- ½ tsp of dried basil
- ½ tsp of dried oregano
- ½ tsp of dried thyme

DIRECTIONS


1. Combine all of the seasonings with the oil to make a paste and spread it all over the chicken.
2. Spray the baking pan with cooking spray.
3. Transfer the chicken into the baking pan and slide it into rack position
4. Select the roast function and set at 400°F for 40 minutes, cook until golden and crispy.
4. Cut and serve.

Tip: Roasted chicken can be served with a variety of side dishes such as roasted vegetables (like broccoli, carrots, or brussels sprouts), a salad, mashed potatoes, rice, quinoa, or pasta. It can also be served with a sauce such as gravy, cranberry sauce, or a pesto. Alternatively, you could also serve a starch like sweet potatoes, corn, green beans, or other vegetable dishes.



Eggplant Parmesan



 4 servings


INGREDIENTS

- ½ cup of italian bread crumbs
- 1 tsp of salt
- ½ tsp of garlic powder
- ¼ cup of flour
- ½ tsp of freshly ground black pepper
- 1 cup of marinara sauce, or more to taste
- 8 slices of mozzarella cheese, or as needed
- ¼ cup of freshly grated parmesan cheese
- 1 medium eggplant, sliced into 1/2-inch rounds
- 1 tsp of italian seasoning
- ½ tsp of dried basil
- ½ tsp of onion powder
- 2 large eggs, beaten

DIRECTIONS

1. Combine bread crumbs, parmesan cheese, Italian seasoning, salt, basil, garlic powder, onion powder, and black pepper in a shallow bowl. Place flour in a separate shallow bowl and beaten eggs in a third shallow bowl.
2. Dip sliced eggplant first in flour, then in beaten eggs, and finally coat with bread crumb mixture. Place coated eggplant on a plate and let it rest for 5 minutes.
3. Place breaded eggplant rounds in the baking pan, making sure they are not touching; work in batches if necessary. Place baking tray into position 3. Select the vegetables function and set at 370°F for 10 minutes. Take the pan out of the oven (please use mitts) and top each eggplant round with marinara sauce and 1 slice of mozzarella cheese. Place the basket back in the oven and cook until cheese has started to melt, 1 to 2 minutes.
4. Let it cool for 5 minutes. Serve!



 1 serving

Sous Vide Steak

INGREDIENTS

- 1 steak
- Salt and freshly ground black pepper
- 4 sprigs thyme or rosemary (optional)
- 2 shallots, thinly sliced (optional)
- 2 garlic cloves (optional)


DIRECTIONS

1. Season the steak generously with salt and pepper. Place them in sous vide bags along with the garlic, shallots, and distribute evenly.
2. Seal the bag with a vacuum sealer and place the steak inside of an oven-safe container. Fill the container with water, covering the steak at least halfway, but no more than $\frac{3}{4}$ of the way.
3. Slide the baking pan into rack position 4. Place the cookware in the center of the baking pan. Select the sous vide function and set it at 120°F for 45 minutes.
4. Slice the steak on a cutting board. Enjoy!



Roasted Salmon



 4 to 6 servings

INGREDIENTS

- 1/2 pound of wild salmon
- 1 cup of cherry tomatoes
- 1/2 bunch of asparagus, trimmed
- 1/2 tsp of kosher salt
- 1 garlic clove, sliced
- 1-2 tbsp of extra virgin olive oil
- 1/4 tsp of freshly ground black pepper
- 1/2 cup of kalamata olives, pitted and roughly chopped

DIRECTIONS


1. Line a baking pan with aluminum foil. Place the salmon, tomatoes, asparagus, olives, and garlic on the baking pan. Drizzle with olive oil and sprinkle with salt and pepper.
2. Slide the baking pan with the salmon into rack position 1. Select the bake function and set it at 450°F for 4 minutes. Cook until the salmon is opaque and the vegetables are browned.

Tip: A classic beurre blanc, lemon butter or aioli are good options to accompany the salmon to add an extra layer of flavor.



Roasted Lamb Chops



 4 servings


INGREDIENTS

- 4 garlic cloves, crushed
- 1/2 tsp of kosher salt
- 1 tbsp of extra virgin olive oil
- 8 loin lamb chops (about 2 pounds)
- 1/4 tsp of freshly ground black pepper
- 1 tbsp of chopped fresh rosemary

DIRECTIONS

1. In a bowl, stir together the garlic, rosemary, pepper, and olive oil. Add the lamb chops and toss well to fully coat them. Let the lamb chops rest at room temperature for about 30 minutes. The lamb chops can also be marinated overnight in the refrigerator for maximum flavor.
2. Line a baking pan with aluminum foil. Place the lamb chops on the pan and sprinkle them evenly with salt.
3. Slide the baking pan into rack position 2. Select the broil function and set it at 450°F for 10 minutes.
4. Once removed from the oven, let the lamb chops cool for about 5 minutes. Enjoy!



 12 cookies

Chocolate Chip Cookies

INGREDIENTS

- 1/2 cup of unsalted butter softened
- 3/4 cup of granulated sugar
- 3/4 cup of light brown sugar
- 2 eggs
- 1 tsp of vanilla extract
- 1 tsp of baking soda
- 1 tsp of salt
- 2 1/4 - 2 1/2 cups of all purpose flour
- 2 1/2 cups of chocolate chips
- 1/2 cup of shortening (butter flavor)


DIRECTIONS

1. Take the unsalted butter and soften it. Then mix the butter with the shortening using a hand mixer or kitchen mixer.
2. Add in the granulated sugar and brown sugar and then mix until light and fluffy, usually this take a few minutes.
3. Add the eggs and vanilla extract. Mix again until light and fluffy.
4. Now add the baking soda, salt and one cup of all purpose flour into the center of the mixture. Mix gently, continuously adding more flour until all the flour has been incorporated. Once this is done, feel the final dough mixture, it should be light and fluffy. If it is too greasy or sticky, add a little more flour and mix in.
5. Add the chocolate chips and mix until combined.
6. On a parchment-lined baking sheet, drop spoonfuls of cookie dough using a cookie scoop. Make sure cookies are spaced apart about 1 inch.
7. Preheat the oven. Then, slide the baking pan into rack position 2. Bake at 350°F for 9 minutes, or until the bottom of the cookies are golden brown.
8. Once the cookies are done baking, remove them from the oven and let them cool on the pan for a few minutes before transferring them to a wire rack to cool completely.
9. Serve the cookies and enjoy!



Butter Cookies



 12 cookies

INGREDIENTS


- 2 tsp of milk
- 1/4 tsp of salt
- 2/3 cup of granulated sugar
- 1 cup of unsalted butter, softened
- 2 cups of all-purpose flour
- 1 tsp of vanilla extract
- 2 large egg yolks

DIRECTIONS

1. Fit your mixer with a paddle attachment. In the mixer bowl, mix together the butter, sugar, and salt until combined.
2. Mix in the egg yolks and vanilla.
3. Add the flour and mix until crumbly. Then, add in the milk and continue to mix. If needed for a pipe-able consistency, add a little more milk.
4. Transfer the dough to a 16-inch piping bag fitted with a large open star tip. Pipe the dough into rounds onto a non-greased baking pan.
5. Preheat the oven. Then, slide the baking pan into rack position 2. Select the bake function and set it at 350°F for 20 minutes, or until the bottom of the cookies are golden brown.



Baked Pears

 1 serving

INGREDIENTS

- 1 anjou pear, (ripe)
- 1/8 tsp of ground cinnamon
- 1 tsp of pure maple syrup

DIRECTIONS

1. Place pear halves in the baking rack and sprinkle with cinnamon. Drizzle maple syrup over both halves.
2. Preheat oven, then slide the baking pan into rack position 2. Select the bake function and set at 350°F for 20-30 minutes.
3. Once cooked, serve warm topped with vanilla ice cream or whipped cream.

Tips: There are many delicious toppings that you can add to baked pears, try some of these other ideas:

Ice Cream and Whipped Cream: Try with different flavor ice cream such as coffee, vanilla bean or chocolate. You can also add whipped cream or your favorite dairy substitute.

Chopped nuts: You can also add various types of nuts like almonds, pecans etc on top of the pears before baking, to bring new flavors and crunch.

Chocolate chips: Sprinkle chocolate chips over the top of the pears before baking for a decadent treat.

You could also try adding other toppings such as granola, dried fruit, or a drizzle of honey. The possibilities are endless!

Our Story

Zulay Kitchen is named after my extraordinary mother, Zulay. She was raised in poverty-stricken Venezuela and, against all odds, brought my brother and me to live in the US. As a single mother, she worked extra-long hours but still found time to cook healthy meals for us. At the time, I thought nothing of it. But now that I'm married with children of my own, I see how much of a super-hero mom she really was.

My wife and I created Zulay Kitchen to make shopping easier than ever in today's busy world. We believe that cooking should be fast and easy, so you have more time to enjoy with your loved ones.

Aaron Aaron Cordovez, Co-Founder of Zulay Kitchen