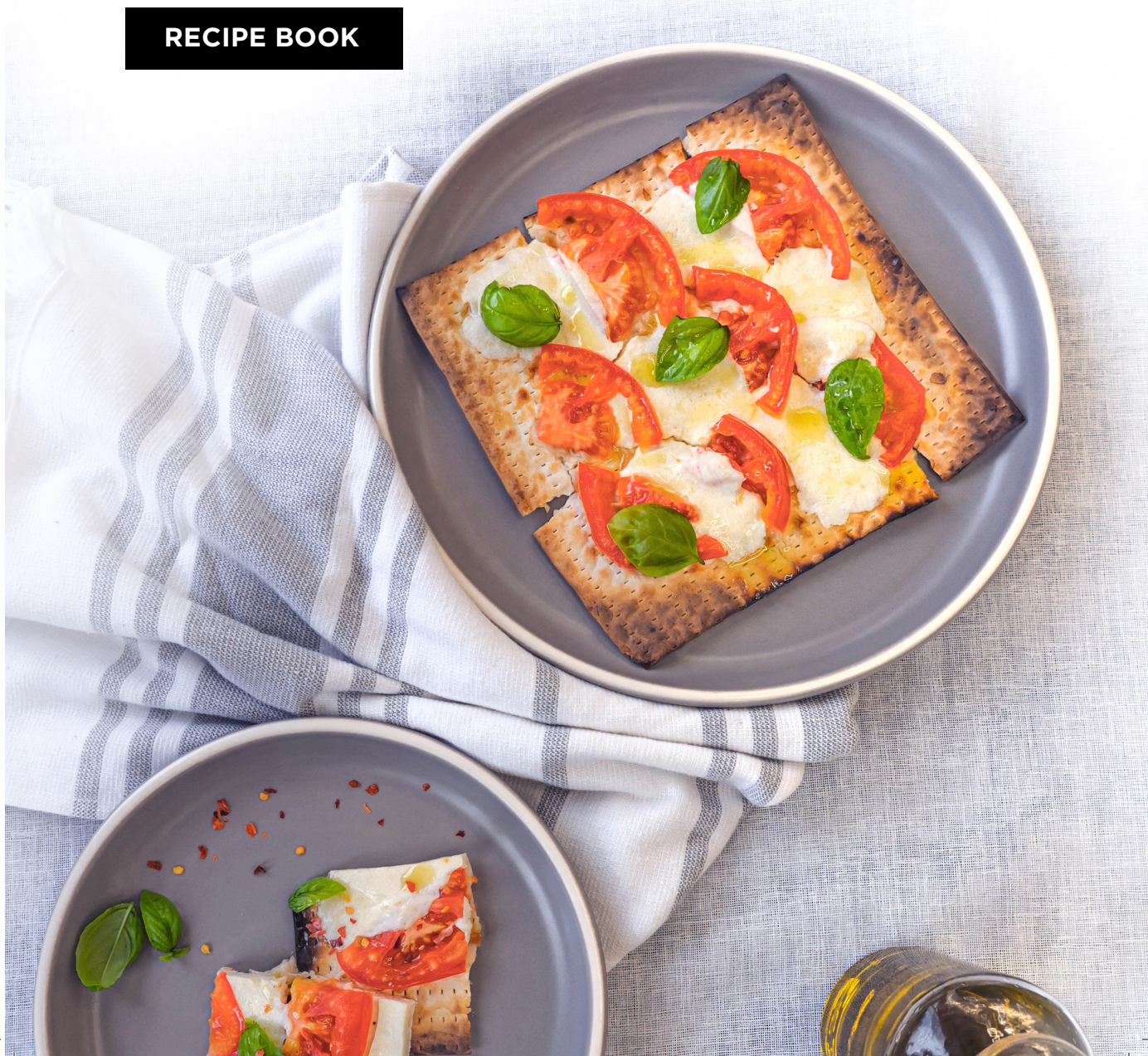


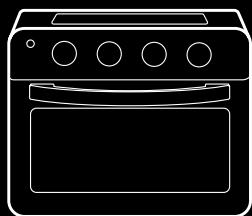
**CHEFMAN.**

**RJ50-M**

**TOAST-AIR™**  
**AIR FRYER OVEN**

**RECIPE BOOK**





**RJ50-M**

**TOAST-AIR AIR-FRYER OVEN  
RECIPE BOOK**



# CRUNCHY SPICED CHICKPEAS

**Active Time:** 5 min  
**Total Time:** 35 min  
**Level:** Easy  
**Yield:** 1 cup

## Ingredients:

- 1 (15-oz) can chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp cayenne pepper
- 1 tsp salt
- $\frac{3}{4}$  tsp garlic powder
- $\frac{1}{4}$  tsp black pepper

## Instructions:

1. Pour drained and rinsed chickpeas onto clean towel or paper towels and pat dry.
2. Transfer chickpeas to a medium bowl.
3. Using a spatula, coat the chickpeas with 1 tbsp olive oil.
4. In the bowl of chickpeas, add the cayenne pepper, salt, garlic powder and black pepper.
5. Toss to combine.
6. Transfer seasoned chickpeas into the air fryer basket. Place the basket onto the broil pan and insert both into the air fryer oven.
7. Set to Air Fry at 400°F for 30 minutes.
8. When the timer expires, remove and allow to cool. Store in an air-tight container.

## Chefman Test Kitchen Tip:

Chickpeas are a healthy snack option that's rich in fiber and protein! These little legumes taste great covered in almost anything. Not a fan of spiciness? Try substituting the smoked cayenne with paprika for a smokier flavor instead.



# BLACKENED CHICKEN WINGS

**Active Time:** 5 min  
**Total Time:** 25 min  
**Level:** Easy  
**Yield:** About 6 servings

## Ingredients:

- 2 lbs chicken wings
- 1 tsp olive oil
- 2 tbsp smoked paprika
- 2 tsp ground black pepper
- 2 tsp kosher salt
- 2 tsp onion powder
- 1 tsp cayenne pepper
- 1 tsp oregano
- 1 tsp roasted garlic powder
- 1 tsp thyme

## Instructions:

1. In a large bowl, toss chicken wings with olive oil.
2. In a small bowl, combine remaining ingredients.
3. Using spatula, toss the spice blend with the chicken wings.
4. Arrange the chicken wings in the air fryer basket. Place the basket on the broil pan.
5. Place the basket and broil pan (on bottom) in the middle placement in the oven.
6. Set to Air Fry at 400°F for 20 minutes.
7. When the timer expires, remove and transfer to a heat-safe surface. Serve immediately.

## Chefman Test Kitchen Tip:

We all know that chicken wings are a crowd pleaser, but did you know that they are also an easy way to get creative in the kitchen? Chicken wings taste delicious tossed in any of your favorite spice blends. If you're feeling inspired by Italian cuisine, take out the smoked paprika and cayenne pepper from this recipe and add 2 tbsp Parmesan cheese. The possibilities are endless!



# BREAD PUDDING

**Active Time:** 20 min  
**Total Time:** 1 hr 10 min  
**Level:** Easy  
**Yield:** 6 servings

## Ingredients:

- Butter, for greasing
- 1 loaf Italian bread
- $\frac{3}{4}$  cup heavy cream
- $\frac{3}{4}$  cup milk
- 3 eggs
- 2 egg yolks
- $\frac{1}{2}$  cup sugar
- 1 tsp vanilla extract
- $\frac{1}{4}$  tsp salt
- 1 cup raspberries
- 1 cup semi-sweet chocolate chips

## Instructions:

1. Grease an 8"x8" square pan with butter.
2. With a serrated knife, cut Italian bread into 1" cubes.
3. In a large bowl, whisk together heavy cream, milk, eggs, egg yolks, sugar, vanilla extract and salt until well combined.
4. Stirring gently with a spatula, add the bread cubes to the mixture. Toss until well coated and allow to sit for 10 minutes.
5. After 10 minutes, gently stir in raspberries and chocolate chips until combined.
6. Transfer mixture into baking dish.
7. Set to Bake at 350° for 50 minutes.
8. When the timer expires, remove and transfer to a heat-safe surface. Serve warm or cool. Store in refrigerator.

## Chefman Test Kitchen Tip:

For this recipe we chose to use Italian bread for its crusty texture. You can use it fresh or let it sit out for a day to create a slight staleness that suits this recipe so well.

Make this bread pudding even better by serving it with a scoop of vanilla ice cream, or a big dollop of whipped cream!



# CHOCOLATE FUDGE BROWNIES

**Active Time:** 10 min  
**Total Time:** 45 min  
**Level:** Medium  
**Yield:** 8 servings

## Ingredients:

- Butter, for greasing
- 1 cup sugar
- ½ cup butter, softened
- 1 tsp vanilla extract
- 2 eggs
- ½ cup sour cream
- ½ cup flour
- ½ cup unsweetened cocoa powder
- 1 tsp salt
- ½ cup chocolate chips

## Instructions:

1. Grease an 8"x8" square baking pan with butter.
2. In a large mixing bowl using a mixer, blend 1 cup sugar, ½ cup softened butter and 1 tsp vanilla extract.
3. On low speed, beat in 2 eggs, scraping the bowl when necessary.
4. Gently stir in ½ cup sour cream.
5. In a small bowl with a spoon, mix together ½ cup flour, ½ cup unsweetened cocoa powder and 1 tsp salt.
6. Combine flour mixture with the wet mixture, stirring constantly to avoid creating lumps.
7. Add in ½ cup chocolate chips and mix for 1 minute until just combined.
8. Pour batter into the greased pan and insert into the oven.
9. Set to Bake at 350°F for 35 minutes.
10. Allow to cool before cutting.

## Chefman Test Kitchen Tip:

While everyone loves brownies, there is an ongoing debate about whether fudge or cake brownies are the best. Now you can make either! The key is that when more eggs are added to the recipe, brownies become more cake-like. When eggs are taken out, the brownies come out fudgier.



# SEASONED POTATO WEDGES

**Active Time:** 15 min

**Total Time:** 55 min

**Level:** Easy

**Yield:** 4 servings

## Ingredients:

- 2 large Russet potatoes
- 2 tbsp olive oil
- 2 tsp lemon pepper seasoning

## Instructions:

1. Wash and peel Russet potatoes.
2. Using a knife, cut potatoes into wedges. Place in medium bowl.
3. Using a spatula, toss potato wedges with olive oil and lemon pepper seasoning until evenly coated.
4. Place potatoes into the air fryer basket and place the basket on the broil pan. Slide into the middle placement.
5. Set to Air Fry at 400°F for 40 minutes.
6. When the timer expires, carefully remove and transfer to a heat-safe surface. Serve immediately.

## Chefman Test Kitchen Tip:

Crispy potato wedges aren't complete without a dip! To make a quick garlic aioli, mince 1 clove of garlic, then mix with ½ cup mayonnaise, 1 ½ tbsp lemon juice, ½ tsp salt and ¼ tsp black pepper.



# GARLIC BREAD

**Active Time:** 10 min  
**Total Time:** 22 min  
**Level:** Easy  
**Yield:** 4 servings

## Ingredients:

- 1 loaf Italian bread
- 1 stick unsalted butter, melted
- 1 tbsp garlic paste
- ¼ cup Parmesan cheese
- 1 tsp parsley, plus extra for garnish
- 4 (1-oz) slices fresh mozzarella cheese
- ½ cup marinara sauce (optional)

## Instructions:

1. Using a serrated knife, cut the Italian bread in half. Then slice each half to create open-faced sandwiches.
2. In a small bowl, melt the butter. Using a spatula, stir in garlic paste.
3. With a pastry brush, brush the mixture on the tops of the bread halves.
4. Add Parmesan cheese evenly on the buttered bread.
5. Place on flat rack and slide into top placement in oven.
6. Set to Broil at 400° for 12 minutes.
7. When finished, sprinkle with parsley and slice to desired thickness. Serve with marinara sauce on the side for dipping, if desired.

## Chefman Test Kitchen Tip:

Want even cheesier garlic bread? Combine ¼ cup shredded mozzarella with the Parmesan cheese in step 4.





# MARGHERITA MATZO PIZZA

**Active Time:** 5 min  
**Total Time:** 10 min  
**Level:** Easy  
**Yield:** 2 pizzas

## Ingredients:

- 2 pieces matzo
- 1 cup mozzarella cheese
- 1 tomato, sliced
- 1 pinch salt
- 1 pinch fresh cracked pepper
- Fresh basil leaves

## Instructions:

1. Lay out matzos on the flat rack.
2. Sprinkle mozzarella cheese evenly on matzos.
3. Arrange tomato slices on top of mozzarella.
4. Sprinkle 1 pinch salt and 1 pinch fresh cracked pepper evenly on top of both.
5. Set to Broil at 450° for 8 minutes.
6. Remove when timer expires, or when cheese is bubbly.
7. Top with fresh basil and serve.

## Chefman Test Kitchen Tip:

This Margherita Matzo Pizza recipe is a family favorite for some of our Chefman staff. It's a simple and fun recipe to make throughout the week or during the Passover holiday. Make it your own by adding any of your most-loved kosher toppings.



# SUPER EASY ROASTED CHICKEN

**Active Time:** 5 min  
**Total Time:** 1 hour 5 min  
**Level:** Easy  
**Yield:** 4 servings

## Ingredients:

- 5-5 ½ lb chicken
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp pepper

## Instructions:

1. Remove giblets from the chicken and place in the air fryer basket. Place the basket on the broil pan.
2. Use the olive oil to coat the outside of the chicken. Sprinkle with salt and pepper.
3. Place the broil pan on the bottom rack placement in the oven with the basket above it.
4. Set to Convection Bake at 400° for 1 hour.
5. When the timer expires, check the thickest part of the breast and thigh with a thermometer to make sure that the internal temp is at least 165°F.
6. Use oven mitts to remove the chicken and place on a heat-safe surface.
7. Let the chicken rest for 5 minutes, carve, and serve immediately.

## Chefman Test Kitchen Tip:

This is the perfect example of an easy set-it-and-forget-it recipe. After an hour, it comes out juicy on the inside, crispy on the outside and perfect to pair with your favorite veggies.

Feel like making barbeque chicken instead? To make a rub, toss together 1 tsp smoked paprika, 1 tsp garlic powder, 1 tsp cumin, ½ tsp ground black pepper and ½ tsp salt.



# SALMON WITH LEMON ASPARAGUS

**Active Time:** 10 min  
**Total Time:** 35 min  
**Level:** Easy  
**Yield:** 4 servings

## Ingredients:

- 1 lb asparagus
- ½ tsp salt, separated
- ½ tsp pepper, separated
- 1 lemon
- 4 (8-oz) salmon filets

## Instructions:

1. Lay asparagus out on the broil pan. Sprinkle ¼ tsp salt and ¼ tsp pepper on top of asparagus.
2. Using a knife, slice 1 lemon into ¼-inch slices. Place slices on top of asparagus.
3. Set to Convection Broil at 400°F for 10 minutes.
4. While the asparagus is cooking, arrange 4 (8-oz) salmon filets on flat rack.
5. Sprinkle salmon evenly with ¼ tsp salt and ¼ tsp pepper.
6. After 10 minutes of cooking asparagus, add salmon on baking rack above the asparagus and cook everything for 20 more minutes.
7. Use oven mitts to remove the salmon and asparagus, and serve immediately.

## Chefman Test Kitchen Tip:

Feel free to sub out asparagus and replace it with other family-favorite vegetables, such as broccoli or zucchini. If using another vegetable, toss with a small amount of olive oil first to help crisp!



# TOFU AIR FRY

**Active Time:** 15 min  
**Total Time:** 45 min  
**Level:** Medium  
**Yield:** 4 servings

## Ingredients:

- 1 large carrot
- 1 cup snow peas
- 1 lb tofu, cut into ½-inch cubes
- ¼ cup sesame oil, separated
- 2 tbsp soy sauce
- 1 tbsp black or white sesame seeds

## Instructions:

1. Using a peeler, peel the carrot. Using a knife, cut into thin strips. Transfer to large bowl with snow peas.
2. Using a knife, cut tofu into ½-inch cubes. Add to snow peas and carrot strips in bowl.
3. Gently toss tofu, snow peas and carrots with 3 tbsp of sesame oil. Gently arrange the mixture in the air fryer basket.
4. Place the basket on the broil pan and slide into the middle placement in the oven.
5. Set to Air fry at 400°F for 30 minutes.
6. In a small bowl, whisk together soy sauce, 1 tbsp sesame oil and sesame seeds.
7. Once done, allow tofu and vegetable blend to cool for 5 minutes. Then toss in the sauce mixture.

## Chefman Test Kitchen Tip:

You've heard of "stir fry," but how about "air fry?" Yes, your favorite stir fry can also be done in the Air Fryer Toaster Oven.

When it comes to vegetarian recipes, tofu is king! Tofu is a versatile protein because it will adopt any flavor that it's introduced to. After air frying tofu, simply toss it in your favorite sauces (in this case a sesame soy sauce) to give it a new, bold flavor.



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