

KENWOOD

HFP90 AIR FRYER
RECIPE BOOK



What shall we
MAKE today?

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Design: nicholas snyman
 Recipe development and stylist: anna montali
 Photography: roelene prinsloo
 Proofreader: carla wolber

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PARMESAN HASHBROWNS, VINE TOMATOES AND FIELD MUSHROOMS

Prep Time: 20 minutes
Cook Time: 30 minutes
Total Time: 50 minutes
Serves 4

Ingredients:

3 large potatoes, peeled
1 onion, finely chopped
2 garlic cloves, finely chopped
50g Parmesan cheese, grated
60ml (¼ cup) olive oil
Salt and freshly ground black pepper, to taste
250g (1 punnet) vine tomatoes
15ml (1 tbsp) dry oregano
250g (1 punnet) exotic mushrooms (halve the larger ones)
30ml (2 tbsp) soy sauce
Fresh rocket leaves, to serve

Method:

1. Grate the potatoes into a bowl of cold water and let them sit for about 10 minutes. Rinse well under running water and drain. Use paper towels to dry the potatoes well. Heat the air fryer to 190°C.
2. Put the potatoes into a mixing bowl and add the onions, half of the garlic, Parmesan, 30ml (2 tbsp) of the oil; season well and mix to combine.
3. Line one of the baskets with baking paper and spread the potato mixture evenly into the basket.
4. In a separate bowl add the tomatoes, 15ml (1 tbsp) of the oil, the remaining garlic, oregano, and season well. Transfer the tomatoes to a second lined basket.
5. Next, toss the mushrooms with the soy sauce, remaining oil and season to taste, transfer to a third lined basket and insert all the baskets into the air fryer.
6. Cook the potatoes for about 30 minutes until crispy and golden. After 10 minutes remove the tomatoes and mushrooms and keep warm.
7. Serve the hashbrown topped with the tomatoes, mushrooms and rocket leaves.



CRISPY BACON AND EGG CUPS

Prep Time: 5 minutes
Cook Time: 8 minutes
Total Time: 13 minutes
Serves 4

Ingredients:

200g streaky bacon
6 large eggs
½ red pepper, finely chopped
Salt and freshly ground black pepper, to taste
1 spring onion, finely sliced

Method:

1. Line bacon strips into six 8cmx4cm foil cups.
2. Carefully crack an egg inside each bacon-lined foil cup, sprinkle with the red pepper and season to taste.
3. Gently place the cups onto the air fryer basket and cook at 180°C for 8 minutes. (it also depends how cooked or how runny you like your eggs).
4. Once the eggs are cooked to your liking, remove the eggs from the cups (note: this will be quite hot so be extra careful) and place them on a serving dish; sprinkle with the spring onions and serve.



CINNAMON AND SUGAR CRUFFINS

Prep Time: 10 minutes
Cook Time: 25 minutes
Total Time: 35 minutes
Makes 4 cruffins

Ingredients:

1 x 400g ready bought puff pastry
40g butter, at room temperature

For the cinnamon sugar:

200g sugar
45ml (3 tbsp) ground cinnamon
1 large egg, beaten
15ml (1 tbsp) milk

Method:

1. Lightly spray four 8cmx4cm foil cups with a non-stick spray and set aside.
2. On a lightly floured work surface, roll out the puff pastry into a thin rectangle, not too thin that you can see through.
3. In a small mixing bowl, mix the sugar and cinnamon together.
4. Spread the butter over the puff pastry and sprinkle with half of the cinnamon mixture until evenly coated.
5. Working from the longer edge, carefully roll the pastry up as tight as you can. Then cut the roll in half diagonally and then cut each half lengthwise, exposing the inner layers of the rolls.
6. Stretch, twist and roll each piece like a snail shell, making sure the layers are on the outside and place them into the prepared foil cups. Preheat the air fryer to 180°C.
7. Mix the egg and milk and brush the tops of each cruffin and bake until they are golden, for about 25 minutes.
8. Carefully remove them from the foil cups and roll each cruffin in the remaining cinnamon and sugar mixture until completely coated. Delicious served with ice cream, custard, jam, marmalade, or just drizzled with melted chocolate.



PORK BELLY SERVED WITH CAMELISED VEGETABLES

Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 1 hour 10 minutes
Serves 4

Ingredients:

1kg boneless pork belly, rind scored
30ml (2 tbsp) Malden Sea Salt
8 baby carrots, peeled
8 baby parsnips
6 baby brinjals, halved
60ml (¼ cup) running honey
2 garlic cloves, finely chopped
15ml (1 tbsp) dry thyme
Salt and freshly ground black pepper, to taste
Olive oil cooking spray
15ml (1 tbsp) fresh parsley, chopped to serve

Method:

- 1.** Preheat the air fryer to 200°C. Use paper towels to pat the pork dry (note: this is a very important step if you want a crackling) and rub salt into the pork rind.
- 2.** Place the pork in the air fryer basket and cook for about 30 minutes until the rind crackles. Reduce the heat to 180°C.
- 3.** Place the vegetables in a mixing bowl and add the honey, garlic, thyme, salt and pepper seasoning, spray with the oil spray and toss to combine. Transfer to a second air fryer basket, place in the air fryer and cook with the pork for about 10 minutes until the vegetables are tender. Remove the vegetables and continue to cook the por for a further 20 minutes until the pork is tender.
- 4.** Serve the pork with the vegetables and sprinkle with the parsley.



WHOLE CHICKEN SERVED WITH HASSELBACK POTATOES

Prep Time: 10 minutes
Cook Time: 80 minutes
Total Time: 1 hour 30 minutes
Serves 4

Ingredients:

Salt and freshly ground black pepper, to taste
1kg whole chicken, cleaned
30ml (2 tbsp) olive oil
10ml (2 tsp) garlic powder
10ml (2 tsp) smoked paprika
5ml (1 tsp) dried basil
5ml (1 tsp) dried oregano
5ml (1 tsp) dried thyme
½ lemon
4 medium potatoes
30ml (2 tbsp) butter, at room temperature
2 garlic cloves, minced
30ml (2 tbsp) fresh parsley, thyme, and Rosemary, finely chopped

Method:

1. Season the chicken with the salt and pepper. Mix the olive oil, garlic powder, paprika, basil, oregano and thyme to make a paste; spread it all over the chicken and place the lemon into the cavity.
2. Slide the spit through the chicken and centre it. Slide one of the forks into the spit and then, with the tips inwards, slide it into the chicken and screw to lock. Tie the drumsticks with kitchen string to secure well. Slide the other carving fork into the spit (always with the tips inwards) and into the chicken and screw to lock. Insert the end of the spit into the housing located in line with the left motorised support and rest the opposite end on the right support.
3. Press the spit rotation button and cook the chicken at 200°C for about 50 minutes.
4. While the chicken is cooking, prep the potatoes. With a sharp knife thinly slice the potatoes about two thirds of the way down (do not slice the potato all the way through). Season the potatoes well.
5. In a small mixing bowl mix the butter, garlic and fresh herbs.
6. Place the potatoes in an air fryer basket and brush with the butter mixture. Place in the air fryer under the chicken and cook together at 200°C for about 30 minutes until all the potatoes and chicken are cooked through.
7. Serve the chicken with the potatoes while still hot.



ASIAN-STYLE BUFFALO WING POPS AND CHIPS

Prep Time: 10 minutes
Cook Time: 30 minutes
Total Time: 40 minutes
Serves 4

Ingredients:

2kg chicken wings
10ml (2 tsp) garlic salt
10ml (2 tsp) Chinese 5 spice
800g frozen chips

For the glaze:

80ml (1/3 cup) soy sauce
80ml (1/3 cup) runny honey
1 knob fresh ginger, finely chopped
2 garlic cloves, crushed
30ml (2 tbsp) butter
5ml (1 tsp) dried chillies
10ml (2 tsp) sesame oil
30ml (2 tbsp) sesame seeds, to serve
2 spring onions, sliced to serve
Salt mixed with 15ml (1 tbsp) dry oregano

Method:

1. Flip the chicken wing over so that it's skin side down and you can easily see the joints. Use your fingers to locate the first ridge between the drumette and the wingette portions. Place a sharp knife just beside this ridge and cut all the way through. Next, locate the second ridge between the wingette and the tip portions. Cut through this joint and discard the tip.
2. Scrape the meat to the one end of the wingettes and drumettes so that the bones are clean.
3. Season the wings with salt and Chinese 5 spice and arrange in a single layer in a lined air fryer basket.
4. Place the chips in a single layer inside a second basket (you might have to use two baskets) and cook both the chips and wing pops at 200°C for 8 minutes. Flip the pops over and continue to cook for a further 2 minutes. Remove the chicken pops and continue to cook the chips until they are golden and crispy for a further 20 minutes.
5. While the chips are cooking, combine the soy sauce, honey, ginger, garlic, butter, chillies and sesame oil in a small saucepan and bring to a simmer; stir continuously until thick and syrupy.
6. Once the pops are cooked, toss them through the soy mixture and leave to rest.
7. Serve the pops sprinkled with the sesame seeds, spring onions and the chips seasoned with salt and oregano.



PORK RIBS AND BAKED STUFFED POTATOES

Prep Time: 15 minutes
Cook Time: 1 hour
Total Time: 1 hour 15 minutes
Serves 4

Ingredients:

1.5kg rack of pork ribs
30ml (2 tbs) BBQ rub
100ml BBQ sauce
4 potatoes
60ml (¼ cup) frozen corn and peas
100g cheddar cheese, grated
Sour cream, optional to serve

Method:

1. Preheat the air fryer to 200°C. Season the ribs with the rub and brush with some of the BBQ sauce.
2. Place the ribs in the air fryer basket, meat side down.
3. Pierce a few holes into the potatoes and load them on a second basket in the air fryer.
4. Cook both the ribs and potatoes for 30 minutes.
5. After 30 minutes, flip the ribs over and continue to cook for a further 20 minutes. Brush with more BBQ sauce and continue to cook for 5 more minutes. Remove the ribs and keep warm.
6. Remove the potatoes from the air fryer and allow them to cool before scooping out half of the flesh. Mash the flesh and mix in the corn and peas, and spoon the mixture back into the potato case. Sprinkle with the cheese and return to the air fryer and cook for 2 minutes until the cheese has melted.
7. Serve the ribs with the stuffed potatoes and top with sour cream if you like.



HAZELNUT NUTELLA BROWNIES

Prep Time: 10 minutes
Cook Time: 50 minutes
Total Time: 60 minutes
Serves 4

Ingredients:

120g (1 cup) cake flour
120g sugar
3 large eggs, lightly beaten
250g Hazelnut Nutella
100g hazelnuts, roughly chopped
Cocoa powder for dusting

Method:

1. Lightly spray a 20cm square cake tin with non-stick spray and line the base with baking paper.
2. Mix the flour and sugar in a large mixing bowl and make a well in the centre. Add the eggs, Nutella and hazelnuts, and stir to combine well. Spoon into the prepared cake tin and smooth the top.
3. Preheat the air fryer to 180°C and bake for about 50 minutes until a skewer inserted in the centre comes out clean but a little sticky. Cool completely before removing and dusting with cocoa powder before serving.



BAKED SALTED CHEESECAKE

Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 1 hour 10 minutes
Makes 1 cake

Ingredients: For the base

Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 1 hour 10 minutes
Makes 1 cake

Topping:

80ml (1/3 cup) runny honey
15ml (1 tbsp) salt
250ml (1 cup) sour cream
Raspberries, optional to serve

Method:

1. Lightly spray a 20cm spring form cake tin with a non-stick spray and line the base with baking paper.
2. Crush the biscuits in a mixing bowl and add the butter. Mix well to combine, pour into the prepared base and spread evenly on the bottom of the tin, and refrigerate until ready to use.
3. In a large mixing bowl, add the cream cheese with the sugar, honey, vanilla and salt, and mix until very creamy.
4. Add the eggs one at a time, mixing well after each addition. Next add the sour cream, cream and Maizena, and mix until smooth.
5. Pour the cream cheese mixture over the top of the crust and lightly smooth it out. Preheat the air fryer to 180°C and bake the cheesecake for about 30 minutes until cooked. If you find that the cheesecake is browning too fast, cover with foil. Once done, switch off the fryer and leave to cool in the air fryer for 30 minutes. If you skip this step the cheesecake could crack.
6. Place the honey and salt in a small saucepan and cook until the salt has completely dissolved.
7. To serve, place the cheesecake on a serving dish and spread with the sour cream and drizzle with the honey mixture over the top. Garnish with raspberries, if desired.

For the base:

250g digestive biscuits
80ml (1/3 cup) butter, melted

For the filling:

230g smooth cream cheese
100g sugar
60ml (1/4 cup) runny honey
10ml (2 tsp) vanilla extract
5ml (1 tsp) salt
2 large eggs
150ml sour cream
150ml fresh cream
5ml (1 tsp) Maizena



SPICED CINNAMON ROLLS

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Makes 24

Ingredients:

1 x 400g puff pastry
30ml (2 tbsp) ground cinnamon
100g butter

For the topping:

80g icing sugar
30ml (2 tbsp) fresh lemon juice

Method:

1. Preheat the air fryer to 200°C and line the basket of the air fryer with baking paper.
2. Roll out the puff pastry on a lightly floured work surface. Mix the cinnamon and butter together and spread the mixture thinly over the puff pastry.
3. Starting from the shorter end, roll loosely into a large log.
4. With a serrated bread knife, slice the pastry into thick discs. Gently place them close together on the lined basket cut side up. Gently push down with the palm of your hand to flatten a little and bake for about 10 minutes until puffed and golden. Turn them over and continue to bake for another 5 minutes.
5. While the buns are baking, combine the icing sugar and lemon juice to a smooth consistency.
6. Once the buns are ready, allow them to cool slightly before pouring the icing mixture over and serve while still warm.

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