

HOLSTEIN[®]
HOUSEWARES



COOKBOOK

AIR FRYER



The best **MEMORIES** start in the **KITCHEN!**
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MENU

1. **Cassava** chips
2. **Fried carrots** with cheese and honey
3. **Crispy** cauliflower
4. Tuna **croquettes**
5. Chicken **cordon blue**
6. Meatballs in **bbq sauce**
7. **Salmon** with passion fruit sauce
8. Spanish **omelette**
9. Salmon **stuffed eggplants**
10. **Churros** with hazelnut cream



CASSAVA CHIPS

INGREDIENTS

- 1 Cassava
- 4 Tablespoons of water
- 1 Teaspoon of olive oil
- Cilantro
- Sour cream
- Salt



PREPARATION



2 Servings

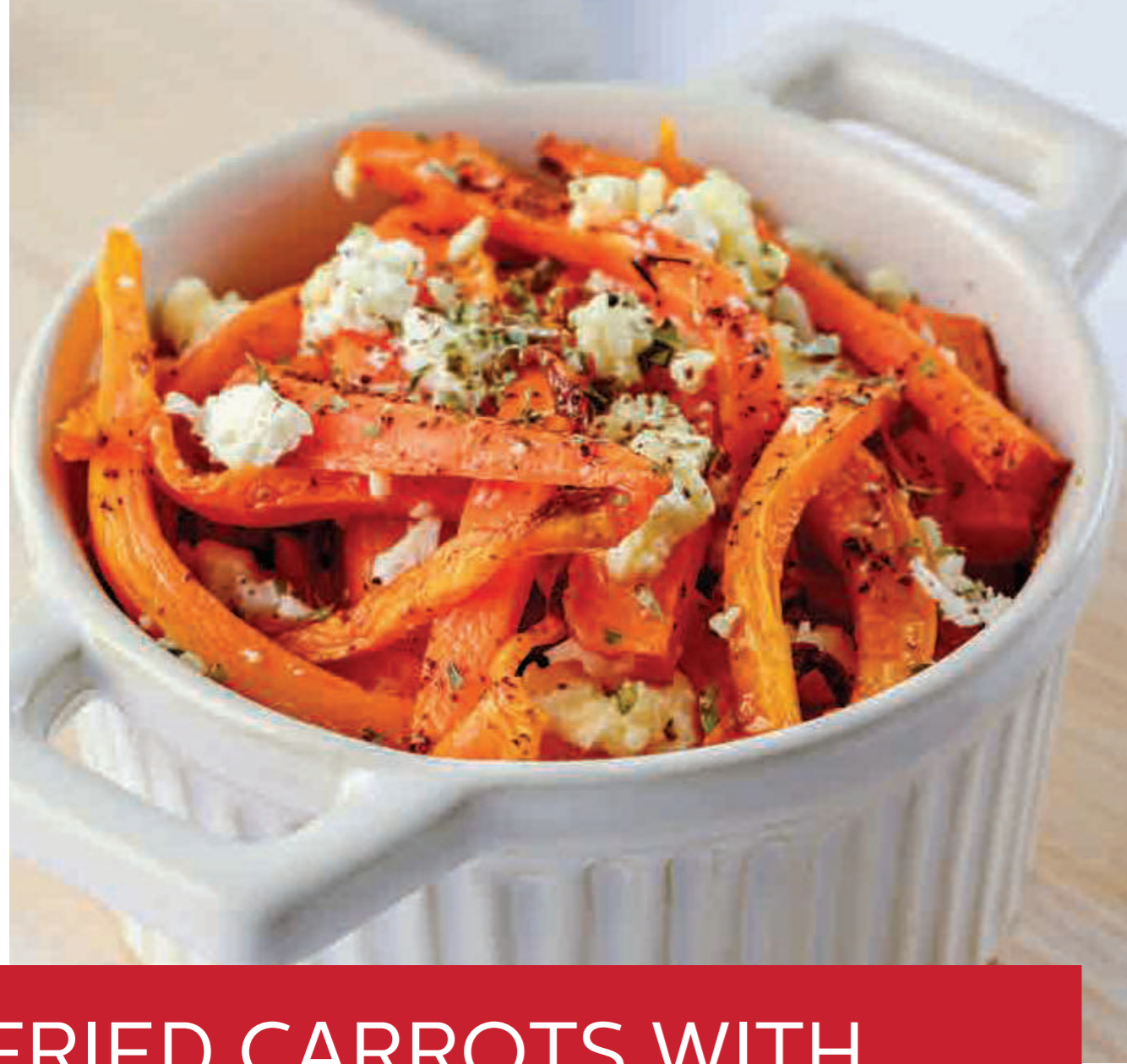


15 Minutes



350°F

1. Peel the cassava and wash it thoroughly.
2. Carefully cut chips the same length as the cassava with a potato peeler.
3. Leave the chips on a dry surface.
4. In a small container, add oil, water and salt.
5. With a brush, apply the mix on both sides of the chips.
6. Cook in the air Fryer at 350°F for 15 minutes, once the first 7 minutes have elapsed, turn for even cooking.
7. Mix the sour cream in a container with chopped cilantro to use as a dip.



FRIED CARROTS WITH CHEESE AND HONEY

INGREDIENTS

- 8 Carrots
- 1 Cup of ricotta cheese
- 4 Tablespoons of honey
- Ground basil
- Olive oil
- Salt and pepper



PREPARATION



4 Servings



10 Minutes



375 °F

1. Wash the carrots thoroughly.
2. Cut the carrots into small sticks.
3. Preheat the air fryer to 375°F.
4. Add a light layer of olive oil over the carrots.
5. Put the carrot sticks in the air fryer and cook at 375°F for 10 minutes.
6. Mix the ricotta cheese with honey and basil.
7. Serve on a plate and add cheese honey dip.



CRISPY CAULIFLOWER

INGREDIENTS

- 1 Cauliflower
- 2 Eggs
- ½ Cup of wheat flour
- ½ Cup of breadcrumbs
- Salt and pepper



PREPARATION



4 Servings



15 Minutes



350°F

1. Cut the cauliflower trees and wash thoroughly.
2. Boil water in a pot and cook the cauliflower trees for 7 minutes.
3. Beat the eggs with the salt and pepper.
4. Put the flour on one plate and the breadcrumbs on another.
5. Add each tree to the egg mixture and toss to coat, transfer it to the flour and then to the breadcrumbs, repeat at least twice.
6. Add the coated cauliflower florets to the air fryer basket for 15 minutes at 350°F.
7. Enjoy with your favorite dressing!



TUNA CROQUETTES

INGREDIENTS

- 1 Tuna can
- 2 Eggs
- 1 Cup of almond flour
- 4 Tablespoons of water
- Salt
- Chopped chives

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PREPARATION



2 Servings



15 Minutes



340°F

1. Mix the almond flour with the salt.
2. Add the tuna to the mix.
3. Put the eggs and stir until combined.
4. Add the chives.
5. Shape with your hands until you achieve the desired patty shape.
6. Cook in the air fryer at 340°F for 10 minutes, once this time has elapsed, turn them over and cook for 10 more minutes.
7. Enjoy as is or dip into your favorite dressing!

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CORDON BLUE CHICKEN

INGREDIENTS

- 4 Chicken breast fillets
- 4 Slices of ham
- 4 Slices of mozzarella cheese
- ½ Cup of wheat flour
- ½ Cup of breadcrumbs
- 1 Beaten egg
- 1 Tablespoon of oil
- Food sticks



PREPARATION



4 Servings



15 Minutes



400°F

1. Cut the chicken breasts into thin fillets, 10cm long to roll up easily.
2. Put the slices of ham and cheese on top of the chicken.
3. Add salt, olive oil and pepper to taste.
4. Roll up and close with the food sticks to keep the roll from opening.
5. Cover each roll in flour, egg and breadcrumbs.
6. Take to the Air fryer at 400°F for 15 minutes.
7. Enjoy with your favorite side dish.



MEATBALLS IN BBQ SAUCE

INGREDIENTS

- 2 Lbs. of ground meat
- 2 Eggs
- 1 Finely chopped onion
- 4 Oz of breadcrumbs
- Chopped chives
- BBQ Sauce
- Oregano
- Salt
- Pepper



PREPARATION



4 Servings



25 Minutes



400°F

1. Put the ground meat in a bowl, season with salt, oregano and pepper. Mix until everything is incorporated.
2. Add the eggs and continue mixing.
3. Add the chopped onion to the mix.
4. In a small container, add: oil, water and salt, and pour over the mixture.
5. Mix and shape with your hands until rounded and place one at a time into the air fryer.
6. Cook in the air fryer at 400°F for 25 minutes, once half the time has elapsed, turn them over and cook for the rest of the time.
7. Once cooked, add the BBQ sauce and garnish with the chives.



SALMON IN PASSION FRUIT SAUCE

INGREDIENTS

- 4 Salmon fillets with skin
- 2 Passion fruit
- 1 Tablespoon of olive oil
- 3 Tablespoons of sugar
- 1 Cup of water
- Salt and pepper



PREPARATION



4 Servings



10 Minutes



350°C

1. Spread the salmon fillets with olive oil, salt and pepper on all sides.
2. Preheat the air fryer at 350°F for 8 minutes, then cook the salmon at 350°F for 10 minutes.
3. For the sauce, blend the passion fruit pulp with the water and sugar.
4. In a saucepan, simmer the passion fruit juice until thickened.
5. Remove the salmon from the air fryer and add the passion fruit sauce.
6. Serve and enjoy with your favorite salad.



SPANISH OMELETTE

INGREDIENTS

- 6 Potatoes
- 1 Tablespoon of olive oil
- 1 Pinch of salt
- 1 Onion
- 8 Eggs
- Salt



PREPARACIÓN



4 Servings



10 Minutes



265°F

1. Wash and peel the potatoes, then cut into squares and wash again to remove the starch.
2. In a bowl, add the potatoes with oil and stir to prevent them from sticking.
3. Put the potatoes in the air fryer and cook at 350°F for 30 minutes.
4. Once the first 15 minutes have elapsed, add salt and mix.
5. When the potatoes are done, add the diced onion and cook them for another 5 minutes.
6. In another bowl, beat the eggs with a pinch of salt, then in a baking tray, which fits in the air fryer, mix the egg with the potatoes.
7. Cook the mix in the air fryer at 265°F for 6 to 8 minutes.
8. Serve and enjoy with bread and your favorite salad.



WARNING: You can use any baking dish or pan in the Air Fryer, such as glass, ceramic, metal or silicone. Always use oven mitts when handling baking pans. For additional information on how to use, read the product manual.



SALMON STUFFED EGGPLANTS

INGREDIENTS

- 2 Eggplants
- 4oz of shredded salmon
- 2oz of mozzarella cheese
- 1oz of parmesan cheese
- Oregano
- Salt and pepper



PREPARATION



2 Servings



25 Minutes



350°F

1. Cut the eggplants in half.
2. Add salt to release the bitter taste and let stand for about 10 minutes.
3. Wash the eggplants with water and scoop out the pulp with a teaspoon, leaving a hole in the middle.
4. Mix the eggplant pulp with salt, pepper, mozzarella cheese (previously chopped) and the shredded salmon.
5. Fill the eggplants with the mixture.
6. Take to the air fryer and cook at 350°F for 20 minutes.
7. Remove the eggplants, add the Parmesan cheese on top and return to the air fryer at 350°F for 5 minutes or until the cheese is lightly toasted.
8. Serve and enjoy with your favorite salad or pasta.



CHURROS WITH HAZELNUT CHOCOLATE SPREAD

INGREDIENTS

- 1 cup of wheat flour
- 1 cup of water
- 1 egg
- Olive oil spray
- Sugar
- Hazelnut chocolate spread



PREPARATION



4 Servings



6 Minutes



400°F

1. In a saucepan, heat the water until it boils.
2. Add the flour to the hot water and stir until smooth.
3. Add the egg and stir until it integrates to the mix.
4. Put the mix into a pastry bag.
5. Spray air fryer basket with cooking spray.
6. With the pastry bag, pour the mix in the shape of a churro on the air fryer basket.
7. Bake in the air fryer at 400°F for 6 minutes.
8. Sprinkle with sugar and enjoy with the hazelnut chocolate spread.



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