

NEW

NEW YEAR | 2017

Recipes

NEW YEAR'S RECIPE COLLECTION

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SPINACH & ARTICHOKE DIP



WHAT YOU NEED

- 10 oz. Frozen chopped spinach (thawed & drained)
- 14 oz. Can Artichoke hearts (drained & chopped)
- 1 Cup Shredded mozzarella
- 1 Cup Shredded Parmesan
- 1/2 Cup Sour cream
- 1 Cup Lite Mayonnaise
- Black pepper/Onion Powder/Garlic Salt

DIRECTIONS

- 1 Thaw 10 oz. of frozen chopped spinach, rinse and drain. Place into a deep baking bowl or pan small enough to fit in pressure cooker, but deep enough to add ingredients and for mixing.
- 2 Drain and rinse 14 oz. can Artichoke hearts and chop them coarsely. Add the chopped artichoke hearts to the spinach, then mix in cheese, sour cream, and mayonnaise. Season to taste with pepper, onion powder, and garlic salt. Mix well.
- 3 Cover the baking bowl/pan securely with aluminum foil. Fill your pressure cooker with 2 cups of water and drop in the included rack. place the baking bowl/pan onto the rack and secure the lid.
- 4 Turn the regulator knob to high pressure for 10 minutes. Once cooking time is complete, release the pressure.

AIR FRIED CHICKEN DRUMSTICKS



WHAT YOU NEED

- 2 lbs. Chicken drumsticks (skin removed)
- 1/2 Cup corn flakes cereal (crushed)
- 1/2 Cup buttermilk
- 1 Tbsp Franks Red hot sauce or Tabasco
- 1/3 Cup dried Parmesan cheese
- Foil & Cooking Spray
- 1/2 Tsp salt
- 1/4 Tsp black pepper

DIRECTIONS

- 1 Using a 1 Gallon zip seal bag, pour the buttermilk and hot sauce in the bag, then add the chicken. Place the bag of chicken in the refrigerator and let marinate for 4 - 24 hours.
- 2 Preheat air fryer to 390° for 10 minutes. In a deep bowl, pour in the crushed corn flakes, Parmesan cheese, salt and pepper, and mix well.
- 3 After preheating, Line the inside of the air fryer basket with a sheet of foil and coat with cooking spray.
- 4 Remove the chicken drumsticks from the bag, one by one, and dredge in the corn flake mix. Place onto the foil. Set the air fryer to 390° and fry for 10 minutes.
- 5 Using tongs, carefully turn over the chicken, then cook at 300° for 8 minutes.

AIR ROASTED SWEET & SPICY NUTS



WHAT YOU NEED

- 1 1/2 Cups Raw peanuts (with or without skins)
- 1 TBSP unsalted butter
- 1/8 Cup water
- 1/4 Cup sugar
- 1 TBSP Cayenne pepper
- Aluminum foil & Cooking spray

DIRECTIONS

- 1 Place the peanuts in large mixing bowl, add the sugar and cayenne pepper, and toss together, then set aside.
- 2 In a small saucepan, melt the butter on medium/high heat, and add water. Mix well, then immediately pour over the peanuts.
- 3 Stir until all the sugar and cayenne pepper is liquefied, and peanuts are covered well.
- 4 Line a sheet of foil in your air fryer basket and spray generously with cooking spray. Transfer the coated peanuts onto the foil and flatten down with a large cooking spoon to make a single layer of peanuts in your air fryer basket.
- 5 Cook at 300° for 5 minutes, then stir/shake the peanuts, set the air fryer to 350°, and cook for an additional 8 minutes.

AIR FRIED PORK CHOPS & POTATOES



WHAT YOU NEED

- 3 Small pork chops
- 1 TBSP Worcestershire sauce
- 1 TBSP Soy sauce
- 1 TSP Lemon juice
- 2 TBSP Brown sugar
- 1 TBSP Olive oil
- 2 Fresh rosemary stems
- Salt & pepper
- Gemstone potatoes

DIRECTIONS

- 1 Use 8-10 small gemstone potatoes. Rinse the potatoes, then place into a Medium sized mixing bowl. Mix in olive oil, 2 stems of chopped fresh rosemary, a pinch of salt & pepper and toss the potatoes until well coated and mixed. Set aside.
- 2 To make the pork chops, use a medium sized mixing bowl. Pour in the Worcestershire sauce, soy sauce, lemon juice, brown sugar and a pinch of salt and pepper. Stir until well mixed and set aside.
- 3 Line your air fryer basket with a sheet of foil and coat with cooking spray. Place the pork chops into the marinade bowl and coat well on both sides, then place each coated pork chop onto the sheet of foil in the air fryer basket. Once all pork chops are in the fryer, pour the remaining juice over the pork chops.
- 4 Set the air fryer to 400° for 8 mins. After cooking time is finished, slide out the pot, turn each pork chop over with tongs and add in the potatoes.

AIR FRIED BLOOMING ONION



WHAT YOU NEED

- 2 Large Sweet onions
- 4 Eggs
- 1/2 Cup All-purpose flour
- 1 Cup Panko bread
- Salt & pepper
- Chipotle Ranch Dipping sauce
- Ice water

DIRECTIONS

- 1 Cut the peel end of the onion(not the root end) off so you are left with a flat surface. peel off the skin and first layer of the onion. then place the flat side of the onion down so the root end is face up.
- 2 Begin 4 cuts a half inch away from the root, straight down. Space the 4 cuts out so that you have 4 evenly spaced cuts(resembling a + shape), then, make two slices between each of the 4 cut/wedges, so you end up with 12 total wedges(3 wedges within each of the 4 first cuts you made).
- 3 Fill a pot large enough to submerge the onions with ice water. Drop the onions into the ice water and store in the refrigerator for at least an hour(this will help the onion petals to bloom).
- 4 Remove the onions and pat dry with a paper towel.
- 5 Using 3 mid-size bowls, add the 4 eggs to one bowl and beat until well mixed. In the second bowl, add the flour, and in the third bowl, pour the panko bread.
- 6 Dredge the onion in the flour, then the egg, flour, and finally in the

DIRECTIONS (CONTINUED)

panko. Place the coated onion onto a sheet of foil and loosely wrap to close at the top. Use a second sheet if needed, so that the onion is sealed inside the foil.

- 7 Repeat the same process for the other onion, then place the onions inside the air fryer basket. Cook at 390° for 7 minutes.
- 8 Remove the onions, remove the foil, and carefully place the onions back into the air fryer. Set the temperature to 390° for 12 minutes.
- 9 Serve with Chipotle ranch dipping sauce.

AIR FRIED CROUTONS



WHAT YOU NEED

- 6 slices of bread, cubed (any bread of your choice)
- 1/4 Cup olive oil
- 1/2 TBSP Salt
- 1/2 TBSP Black pepper
- 1 TSP Chili powder

DIRECTIONS

- 1 Using a large mixing bowl, pour in all of the cubed bread and pour in the olive oil, salt, black pepper, and chili powder.
- 2 Toss and mix well, so all cubes are coated.
- 3 Use a baking pan that fits in your air fryer, or line the fryer basket with a sheet of foil and coat with cooking spray.
- 4 Cook at 250° for 13 minutes.

GERMAN PANCAKE BITES



WHAT YOU NEED

- 6 eggs
- 1 Cup whole milk
- 1/2 TSP salt
- 1 Cup All-purpose flour
- Melted butter (about 1 TBSP)
- Nutella or Peanut Butter
- Banana
- Mixed berries
- Mixed Nuts

DIRECTIONS

- 1 In a medium-large mixing bowl, pour in the eggs, milk, salt and flour. Stir well until frothy and light.
- 2 Coat ramekins with melted butter and scoop in about 2 ladle fulls of the pancake mix- There should only be small portion to allow for rising and topping with ingredients.
- 3 Place the ramekins in the air fryer and cook at 400° for 6 minutes.
- 4 Carefully remove the ramekins from the air fryer and remove the pancake bite. Allow to cool before topping with Nutella, mixed berries, and nuts.

CHEESEBURGER MACARONI



WHAT YOU NEED

- 1 Yellow onion, diced
- 1 TBSP Vegetable oil
- 1 LB. Ground beef
- 3 Cups Beef stock
- 3 Cups Macaroni elbows
- 1/4 Cup ketchup
- 1/2 TSP Dried thyme
- 12 oz. processed cheese

DIRECTIONS

- 1 Press saute on your pressure cooker, then add olive oil, and the ground beef and brown with the lid off.
- 2 Add the beef stock, macaroni, and onions and stir well. Then add the ketchup, and thyme.
- 3 Seal the lid, turn the regulator knob to pressure, and cook on high pressure for 6 minutes.
- 4 After cooking is complete, it will enter standby/warm mode. Release the pressure if there is any, and remove the lid. Add 12 oz. of Velveeta or other process cheese, and stir until completely melted and well mixed.

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