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KAMBROOK

THE SMARTER CHOICE



INSTRUCTION BOOKLET

Suits all KAF200 models

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Air Chef Air Frying Oven

- Carefully read all instructions before operating the air frying oven for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the air frying oven for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of the air frying oven.
- Do not place the air frying oven near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not operate the air frying oven on a sink drain board.
- Do not place the air frying oven on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not operate the air frying oven on an inclined surface. Do not move the air frying oven while it is switched on.
- Do not cover the air inlet and the air outlet openings while the air frying oven is operating.
- Do not fill the pan with oil or any other liquid as the air frying oven works on hot air.
- Never use the pan without the basket in it.
- Never touch the inside of the air frying oven while it is operating.
- Position the air frying oven at a minimum distance of 50cm away from walls, curtains, cloths and other heat sensitive materials when in use.
- Always operate the air frying oven on a stable and heat resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Always put food to be cooked in the basket and stop food from coming into contact with the heating elements.
- Never fill the basket with food beyond the 'MAX' indication.
- Do not place cardboard, plastic, paper or other flammable materials into the air frying oven.
- Do not cover any external part of the air frying oven with metal foil. This will cause overheating of the air frying oven.
- Do not touch the pan for some time after use as it is very hot. Only hold the pan by the handle.
- Always use extreme caution when removing the pan or disposing of hot grease or other hot liquids.
- Do not press the basket release button during shaking. Always place the pan on a heat-resistant flat surface. Hold the pan by the handle and press the basket release button to remove the basket from the pan.

- Do not turn the basket upside down with the pan still attached to it as any excess oil that has collected on the bottom of the pan will leak onto food.
- Be careful of hot steam and air when you remove the pan from the air frying oven. The pan and the ingredients are hot after operation. Depending on the type of ingredients in the air frying oven, steam may escape from the pan.
- Extreme caution must be used when the air frying oven contains hot food and liquids. Do not move the air frying oven during cooking.
- Always ensure that the basket and the pan are thoroughly dried after cleaning and are reinserted into position before operating the air frying oven.
- When using the air frying oven, provide sufficient clearance (minimum 50cm) above and on all sides for air circulation.
- This air frying oven is not intended to be operated by means of an external timer or separate remote control system.
- Hot steam is released through the air outlet openings on the rear side of the air frying oven during operation. Always keep your hands and face at a safe distance from the steam and from the air outlet openings.
- Never use the air frying oven without the air outlet cover installed as the inner accessible surface of the air frying oven is very hot during, and sometime after, operation.
- The temperature of accessible surfaces will be high when the air frying oven is operating and for some time after use.
- If dark smoke comes out of the air frying oven during operation, immediately turn the timer control dial to OFF position and switch off at the power outlet of the air frying oven. Wait for the smoke emission to stop and the air frying oven has cooled down before removing the pan from the air frying oven. Clean the pan and dry completely before putting it back into the air frying oven.
- Do not touch hot surfaces. Allow the air frying oven to cool before handling.
- Always wear protective, insulated oven mitts when inserting, removing or handling items from the air frying oven.
- Do not insert your hands inside the air frying oven during operation.
- Do not insert over-sized foods into the air frying oven as they create risk of fire or electric shock.
- It is recommended to use only the accessories supplied with the air frying oven.
- Do not store any materials other than the supplied accessories in the air frying oven when not in use.
- Do not use metal kitchen utensils or abrasive cleaning materials to clean the pan and the basket as this may damage the non-stick coating on the pan and the basket.
- Do not clean the interior of the air frying oven with metal scouring pads as pieces can break off the pad and touch electrical parts, creating risk of electric shock.
- Do not attempt to operate the air frying oven by any method other than those described in this instruction booklet.
- Always ensure the air frying oven is properly assembled before use. Follow the instructions provided in this book.
- Do not place anything on top of the air frying oven when in use and when stored other than those described in this instruction booklet.
- The air frying oven should not be left unattended at any time when in use.
- Always ensure the air frying oven has cooled, the timer control dial is in the OFF position, the air frying oven is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the air frying oven, when not in use, if left unattended, and before disassembling, cleaning or storing.
- Keep the air frying oven clean. Follow the cleaning instructions provided in this booklet.

Important safeguards for all electrical appliances

- Fully unwind the power cord before use.
- Connect only to 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance, by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook Air Chef Air Frying Oven

1. Basket to hold food
2. Basket release button with safety cover
3. Basket handle
4. Pan that holds the basket
5. 'POWER' light
6. 'HEATING' light
7. Combined 30 minute timer and power dial
8. Temperature control dial

Not shown

- Air outlet/inlet opening at rear with removable cover for cleaning
- Cord wrap located under the air frying oven base



Using Your Kambrook Air Frying Oven

Before First Use

Remove and safely discard any packaging material and promotional labels before using the air frying oven for the first time.

The air outlet cover will come disassembled, placed in the air frying oven basket. Ensure it is correctly fitted on the rear of the unit before use (See Fig. 1).



WARNING: Do not operate the air frying oven without the air outlet cover in place.

Thoroughly clean the basket and pan with warm soapy water and a non-abrasive, soft scouring pad.

Wipe the outside of the air frying oven with a damp cloth.

Place the air frying oven on a flat, level surface with the basket and pan in.

Operating Your Air frying oven

1. Place the basket into the pan and lock into place. (See Fig. 2)



2. Insert the plug into a 230V or 240V power outlet and turn the power on.
3. Place food in the basket and slide the pan back into the air frying oven until you hear a "click" sound (See Fig. 3).



NOTE: Never fill the basket with food beyond the 'MAX' indication.

4. Turn the temperature control dial to the required temperature.
5. Turn the timer dial to the required cooking time. Both the 'POWER' and 'HEATING' lights will illuminate and cooking will start. Once the selected temperature has been reached, the 'HEATING' light will switch off but will then cycle on and off throughout the cooking process as it maintains the selected temperature.
6. Some food may require shaking or turning throughout the cooking time to ensure even results. Simply pull the pan out of the air frying oven by the handle and shake. Heating will suspend while the pan is removed, however the timer will continue to countdown. Slide the pan back into the air frying oven and heating will recommence.

NOTE: Use insulated oven mitts when touching hot surfaces.

HINT: Heavier food items filled to the 'MAX' line may not have enough room to shift effectively by shaking. It may be helpful to also turn the food with a heat-resistant utensil at least once during the cooking process for more even results.



WARNING: Do not press the basket release button during shaking.

7. When the timer dings, both 'POWER' and 'HEATING' lights will switch off. Pull the pan out of the air frying oven and place it on a heat-resistant surface. Check if the food is ready.

NOTE: If food is not entirely cooked, slide the pan back into the air frying oven and set the timer for a few more minutes.

NOTE: You can switch off the air frying oven manually. To do so, turn the timer control dial to 'OFF'.

8. Open the safety cover and press the basket release button. Lift the basket out of the pan (See Fig. 4).



NOTE: Always place the pan on a heat-resistant flat surface. Hold the pan by the handle and press the basket release button to remove the basket from the pan.

Using Your Kambrook Air frying oven Continued...

NOTE: Be careful of hot steam and air when you remove the pan from the air frying oven. The pan and food are hot after operation. Depending on the type of food in the air frying oven, steam may escape from the pan.

NOTE: Do not touch the pan for some time after use as it is very hot. Only hold the pan by the handle.

9. Remove food from the basket and empty the pan of excess cooking oil once cool.

NOTE: Excess oil from cooking food will be collected at the bottom of the pan.

NOTE: Do not turn the basket upside down with the pan still attached to it as any excess oil that has collected on the bottom of the pan will leak onto food.

Cooking Table

The cooking times given are a guide only and should be adjusted to suit the quantity of food being air fried.

Food	Quantity	Approx. Cooking Time	Temp (°C)	Shake /turn	Notes
Potatoes & Fries					
Frozen chips*	500-750g	20 minutes	200°C	Shake	
Frozen wedges	500-750g	20-25 minutes	200°C	Shake	25 mins for 750g
Homemade chips	400g	30 minutes	200°C	Shake	Add 1/2 tbsp oil
Roasted potatoes, pumpkin, carrot and sweet potato	400g	30 minutes	200°C	Shake	Cut into 3-5cm squares. Add 1/2 tbsp oil
Jacket potatoes	2-4 medium sized potatoes	45 minutes**	200°C	Shake	Potato patted in salt. No oil or foil.
Snacks					
Frozen chicken nuggets	400g	20 minutes	180°C	Shake	
Frozen mini sausage rolls	6 pieces	18 minutes	180°C		
Frozen mini meat pies	6 pieces	18 minutes	180°C		
Frozen cocktail springrolls	10 pieces	15 minutes	180°C	Shake	
Frozen curry puffs	9 pieces	20 minutes	180°C	Shake	
Baked beef meatballs	9 pieces	15 minutes	180°C	Shake	5cm approx. in size
Homemade mini sausage rolls	6 pieces	15 minutes	180°C		
Homemade spinach & feta triangles	6 pieces	10 minutes	180°C		Puff pastry used
Homemade popcorn chicken	200g	10 minutes	180°C	Shake	
Meat & Poultry					
Steak	350g	10-15 minutes	200°C	Turn	Time depends on thickness of steak
Marinated ribs	550g	30 minutes	180°C	Turn	
Chicken drumsticks	4 pieces	30 minutes	180°C	Shake	
Marinated chicken wings	1kg	25 minutes	190°C	Shake	Pre-marinated
Whole roast chicken	1.2kg	55 minutes**	180°C	Turn	Use small chicken that fits in the basket
Hamburger patties	3-4 pieces	15-20 minutes	180°C	Turn	Time depends on thickness of pattie

Seafood					
Fish (fillet)	2-3 pieces	15-18 minutes	180°C		Encase each piece in aluminium foil
Crumbed fish	3 pieces	15 minutes	180°C		
Frozen fish fingers	10 pieces	15 minutes	180°C		
Fresh garlic prawns	250g	5-7 minutes	180°C		Time variance depends on size
Sides					
Grilled eggplants	4-6 pieces	10-15 minutes	180°C	Turn	Add 1/2 tbsp oil
Kale chips	6-8 pieces	5 minutes	180°C		Lightly drizzle in oil with a pinch of salt before cooking
Baking (refer to Handy Hints on Page 12.)					
Cake	15cm round tin	28-30 minutes	160°C		Use baking tin.
Quiche	2-3 x 5-10cm baking tins	20-25 minutes	180°C		Use baking tin. Blind bake pastry for 5 minutes before adding toppings and baking
Muffins	2-3 muffin tins	23-25 minutes	160°C		Use baking tin.

*Cooking results may vary depending on the brand used.

**If the cooking time takes more than 30 minutes, set the timer dial to 30 minutes and let cook until the timer dings. Reset the timer immediately to the remaining cooking time.



WARNING: Do not insert over-sized food into the air frying oven as it creates a risk of fire or electric shock.

NOTE: Always wear protective, insulated oven mitts when inserting, removing or handling items from the air frying oven.

TIP: If baking ingredients that contain rising agents, the baking tin should not be filled more than $\frac{2}{3}$.

NOTE: You can preheat the air frying oven. To do so, turn the timer dial to 5 minutes and wait until the 'HEATING' light turns itself off. Fill the basket with food and turn the timer dial to required cooking time. If using the air frying oven cold, add 3 minutes to the cooking time

Handy Hints for Air Frying

- Shaking ingredients two to three times during longer cooking times, but at least once during cooking optimises the end result and can help prevent uneven cooking.
- Add some oil to fresh potatoes before placing in basket for a crispier result.
- Do not cook overly greasy foods such as sausages in the air frying oven.
- Most snacks that can be cooked in an oven can also be cooked in the air frying oven.
- Pre-made dough requires a shorter cooking time than homemade dough.
- The air frying oven can also be used to reheat food. To reheat food, simply set the temperature to 150°C and cook for up to 10 minutes.
- For easy cleaning, line the bottom of the pan with aluminium foil before inserting the basket.
- Using a heat-resistant utensil such as tongs to stir food instead of shaking may be easier to turn some food types.
- The maximum size tin the air frying oven basket can fit: rectangle 12cm x 17cm or round 15cm diameter.

- For baking, small baking tins that fit the air frying oven basket can be purchased from most homeware stores. Refer below examples (See Fig.5).



DIMENSIONS: Square: 7.5cmx7.5cm, Heart: 10cmx10cm, Bundt: 11cm diameter.

Care, Cleaning and Storage

Cleaning

Clean the air frying oven after every use.

NOTE: Do not use metal kitchen utensils or abrasive cleaning materials to clean the pan and the basket as this may damage the non-stick coating on the pan and the basket.

Before cleaning, ensure the air frying oven is turned OFF and switched off at the power outlet then unplugged from the outlet. Allow the air frying oven to cool completely.

NOTE: Remove the pan to allow the air frying oven to cool faster.

Soak the pan and basket in hot soapy water for approximately 10 minutes before cleaning so it is easier to wash.

Clean the pan and basket with hot soapy water and a non-abrasive, soft scouring pad or sponge.

NOTE: Do not place any part of the air frying oven in the dishwasher.

Wipe the inside and outside of the air frying oven with a soft damp cloth.

Clean the air outlet cover by pulling the upper part of the filter away from the air frying oven (See Fig. 6). Clean with a soft damp cloth. Place the air outlet cover back making sure the upper part is clipped correctly into place.



NOTE: Always ensure that the basket and pan are thoroughly dried after cleaning and are reinserted into position before operating the air frying oven.

Storage

Switch the air frying oven off at the power point and unplug the power cord from the power point. Allow to cool completely.

Follow cleaning instructions and ensure air frying oven is completely dry.

Wrap the power cord around the cord storage area underneath the air frying oven. Store the air frying oven on a flat, dry level surface. Do not place anything on top of the air frying oven.

Trouble Shooting Guide

Problem	Possible reason	Solution
The air frying oven does not work.	The air frying oven is not plugged in.	Insert the plug into a 230V or 240V power outlet and turn the power on.
	The timer is not set.	Turn the timer dial to the required cooking time to switch on the air frying oven.
	The pan and basket are not placed back into the air frying oven.	Completely slide the pan with basket locked in place back into the air frying oven.
Food is not cooking properly.	There is too much food in the basket.	Put less food in the basket. Smaller batches will cook more evenly.
	The set temperature is too low.	Turn the temperature control dial to the required temperature setting.
	The cooking time is too short.	Turn the timer dial to the required cooking time.
Food is not evenly cooked.	Some foods need to be shaken halfway through the cooking.	Foods that lie on top of or across each other (e.g. french fries) need to be shaken or turned halfway through the cooking.
Food is not crispy when fried.	Some foods are not suitable for this cooking method.	For pre-packaged food, follow instructions for cooking found on packaging.
I cannot slide the pan into the air frying oven properly.	There is too much food in the basket.	Do not fill the basket beyond the 'MAX' indication.
	The basket is not placed in the pan correctly.	Push the basket down into the pan until you hear a click.
White smoke comes out of the air frying oven.	You are cooking greasy food.	When you cook greasy food in the air frying oven, a large amount of oil will leak into the pan. The oil produces white smoke and the pan may heat up more than usual. This does not affect the air frying oven or the end result.
	The pan still contains grease residues from previous use.	White smoke is caused by grease heating up in the pan. Make sure you clean the pan properly after each use.
Homemade fries are fried unevenly.	Potato sticks were not soaked properly before cooking.	Soak the potato sticks in a bowl for at least 30 minutes, take them out and dry them with paper towel.
	Wrong potato type was used.	Floury-type potatoes are best, such as Russet and Sebagos.
Homemade fries are not crispy when they come out of the air frying oven.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you add the oil.
		Cut the potato sticks smaller for a crispier result.
		Add slightly more oil for a crispier result.

Recipes

Macaroni and Cheese

Serves 2

50g butter
2 tbsp plain flour
500ml milk
½ tsp salt
1 cup cheddar cheese, grated
2 tsp Dijon mustard
1 cup dry macaroni pasta

1. Preheat the air frying oven to 180°C and turn the timer dial to 5 minutes.
2. Using a small pot, melt the butter over medium heat, add the flour and stir constantly for 45 seconds. Add the milk and whisk until thickened and creamy.
3. Stir through the salt, cheese, mustard and cooked macaroni pasta and pour into a 15cm round baking tin.
4. Once the 'HEATING' light goes off, turn the timer dial to 15 minutes. Place the tin into the air frying oven basket and allow to cook until top is golden and crisp.

One Pot Cheesy Risotto

Serves 2

10g butter
1 tbsp olive oil
1 small onion, diced
1 clove garlic, minced
¾ cup Arborio rice
500ml hot chicken stock
1/2 cup grated parmesan cheese

1. Preheat the air frying oven to 200°C and turn the timer dial to 5 minutes.
2. Place the butter, olive oil, onion and garlic into a 15cm round baking tin and stir to combine.
3. Once the 'HEATING' light goes off, turn the timer dial to 8 minutes. Place the tin into the air frying oven basket and allow to cook for 4 minutes. Add the rice and allow to cook for a further 4 minutes, stirring every minute.
4. Reduce the temperature of the air frying oven to 160°C and turn the timer dial to 22 minutes. Add the stock, stirring gently to combine.
5. Allow to cook, uncovered, for 22 minutes.
6. Stir through the cheese and serve immediately.

Curry Puffs

Serves 6

- 1 tbsp peanut oil
- 1 small onion, diced
- 1 clove garlic, minced
- 2 tsp curry powder
- 1 tsp ground cumin
- 1 tsp salt
- 2 tsp kecap manis
- 350g cooked potatoes, peeled and diced
- 125g can corn kernels, drained
- 2 tbsp roughly chopped coriander
- 2 sheets puff pastry, quartered
- Canola oil spray
- ¼ cup sweet chilli sauce, to serve

1. Using a frypan, heat the oil over medium heat and cook the onion and garlic until golden brown.
2. Add the curry powder, cumin, salt and kecap manis and stir to combine. Fold through the potatoes, corn kernels and coriander and set aside.
3. Evenly divide the mixture between the 8 pieces of puffy pastry and then fold over to form a triangle. Pinch the edges until they form a tight seal and set aside.
4. Preheat the air frying oven to 200°C and turn the timer dial to 5 minutes.
5. Lightly spray the basket of the air frying oven with canola oil spray. Once the 'HEATING' light goes off, turn the timer dial to 10 minutes. Place 4 curry puffs into the base of the basket. Lightly spray using canola oil spray and allow to cook, turning after 5 minutes. Repeat until all curry puffs have been cooked.
6. Serve with sweet chilli sauce.

TIP: Kecap Manis is a sweet soy sauce and can be found in major supermarkets usually in the sauces section where soy and Worcestershire sauces are sold.

Meatballs in Tomato Sauce

Serves 2

- 12 beef meatballs
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 small onion, thinly sliced
- 1 tsp brown sugar
- ½ tsp salt
- 400g can diced tomatoes
- 250ml beef stock
- 2 cups cooked pasta, to serve

1. Preheat the air frying oven to 180°C and turn the timer dial to 5 minutes.
2. Once the 'HEATING' light goes off, turn the timer dial to 15 minutes. Place the meatballs into the air frying oven basket and allow to cook.
3. In the meantime, using a frypan, heat the oil over medium heat and cook the onion and garlic until softened.
4. Add the sugar, salt, tomatoes and stock and allow to simmer for 10 minutes or until reduced by ⅓. Using a stick mixer, blend until smooth and set aside.
5. Place the meatballs into a 15cm round baking tin and top with the tomato sauce.
6. Turn the timer dial to 5 more minutes. Place the meatballs into the air frying oven basket and allow to cook.
7. Serve with pasta.

Prosciutto Wrapped Chicken Breast

Serves 2

200g (1) chicken breast

6 slices prosciutto

Mashed sweet potato, to serve

1. Preheat the air frying oven to 180°C and turn the timer dial to 5 minutes.
2. Slice the chicken breast in half lengthways and wrap 3 pieces of prosciutto around each piece until it is completely covered.
3. Once the 'HEATING' light goes off, turn the timer dial to 25 minutes. Place the wrapped chicken into the air frying oven basket and allow to cook.
4. Serve with mashed sweet potato.

Chicken Nuggets

Serves 2

59g free range egg

1 tbsp grated parmesan cheese

½ cup bread crumbs

½ tsp salt

250g chicken breast, cubed

Canola oil spray

1. Whisk the egg in a shallow bowl; set aside.
2. Combine parmesan, bread crumbs and salt into a large flat plate.
3. Dip the chicken pieces into the egg bowl and then into the bread crumbs, making sure to coat evenly. Repeat until all chicken is crumbed.
4. Preheat the air frying oven to 180°C and turn the timer dial to 5 minutes.
5. Lightly spray the basket of the air frying oven with canola oil spray. Once the 'HEATING' light goes off, turn the timer dial to 20 minutes. Place the chicken nuggets into the air frying oven basket and allow to cook until golden and crisp fryer basket. Turn the timer dial to 20 minutes and allow to cook.

Sumac Crusted Lamb

Serves 2

400g lamb loin strips

1 tbsp sumac

1 tbsp olive oil

Salad, to serve

6. Preheat the air frying oven to 200°C and turn the timer dial to 5 minutes.
7. In a bowl, place the lamb, sumac and olive oil and toss to combine.
8. Place the lamb loin strips into the air frying oven basket. Turn the timer dial to 18 minutes and allow to cook, turning after 10 minutes.

Teriyaki Steak

Serves 1

200g porterhouse steak

2 tbsp teriyaki sauce

1. Place the steak and teriyaki sauce in a bowl and marinate for 2 hours. If running out of time, you can also simply let it stand for 2 minutes before cooking.
2. Preheat the air frying oven to 200°C and turn the timer dial to 5 minutes.
3. Once the 'HEATING' light goes off, turn the timer dial to 10-15 minutes (depending on the thickness of the cut). Place the steak into the air frying oven basket and allow to cook.

TIP: The steak will be cooked to medium. For a rare or well done steak, slightly adjust cooking time.

Pork, Apple and Thyme Sausage Rolls

Serves 2

- 2 tsp olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 tsp fresh thyme
- 20g butter
- 1 tsp brown sugar
- 1 granny smith apple, peeled, diced
- 200g pork mince
- 1 tsp salt
- ¼ cup bread crumbs
- 2 sheets frozen puff pastry, thawed

1. Using a frypan, heat the oil over medium heat and cook the onion and garlic until softened. Add the thyme, butter, brown sugar and apples and allow to cook for a further 4 minutes.
2. Place mixture into a bowl and cool slightly before adding pork mince, salt and bread crumbs. Mix well to combine.
3. Preheat the air frying oven to 180°C and turn the timer dial to 5 minutes.
4. Halve the mixture and place each batch into the edge of a sheet of puff pastry. Roll up to form a cylinder. Cut into rolls about 4cm wide.
5. Once the 'HEATING' light goes off, turn the timer dial to 20 minutes. Place the rolls, one at a time into the air frying oven basket and allow to cook until golden and crisp. Repeat to cook remaining rolls.

Leek, Cheese and Potato Bake

Serves 2

- ½ leek, thinly sliced
- 350g potato, thinly sliced
- 150g cream
- 50ml milk
- 1 tsp salt
- 2 tbsps grated parmesan cheese

1. In a 15cm round baking dish, layer the leek and potato alternatively until the layers reach the top of the baking dish.
2. Preheat the air frying oven to 180°C and turn the timer dial to 5 minutes.
3. In a jug, whisk together the cream, milk, salt and parmesan cheese and pour over the top of the vegetables.
4. Once the 'HEATING' light goes off, turn the timer dial to 30 minutes. Tightly wrap the baking dish with aluminium foil and place into the air frying oven basket and allow to cook.
5. After 15 minutes, remove the aluminium foil and allow to cook for a further 15 minutes or until potatoes are cooked and golden on top.

Choc-chip Scones

Serves 15

3 ½ cups self raising flour,
plus extra for kneading
1 tbsp baking powder
80g unsalted butter, cut into pieces
80g caster sugar
3 eggs
¾ cup milk (full fat)
100g chocolate chips (milk or dark)

1. Place flour, baking powder and butter in food processor bowl until the mixture resembles bread crumbs.
2. Transfer the flour mixture into another bowl. Add the sugar and 2 eggs and gently mix together all the ingredients either by hand or with a wooden spoon.
3. Add the milk, a quarter of the cup at a time (you may not need to use all the milk) and fold into the mixture. Continue until it is all combined into a soft, wet dough.
4. Flour well a clean bench surface and add the dough mixture, bringing it together with your hands into a ball. Pat it flat slightly and add the chocolate chips in the centre. Fold them into the dough, gently, until they are well distributed through the dough. Then pat down the dough to a 2cm-thickness.
5. Rest the dough for 10 minutes before cutting into them with a round scone cutter (5cm diameter). Press remaining dough together and repeat step 4 and 5.
6. Preheat the air frying oven to 160°C and turn the timer dial to 5 minutes.
7. Beat one egg in a small bowl and brush the tops of the scones with the egg. Once the 'HEATING' light goes off, turn the timer dial to 18 minutes. Place 5-6 scones into the basket.
8. Once cooked, transfer to a wire rack. Allow to cool and serve as is or with a dollop of cream.

TIP: Don't twist the scone cutter when cutting out the scones. Simply press down firmly and lift.

TIP: For plain scones, simply don't add the chocolate chips.

Banana and Honey Bread

Serves 6-8

125g butter

$\frac{3}{4}$ cup brown sugar

1 tsp vanilla extract

$\frac{1}{3}$ cup honey

2 eggs

2 cups self raising flour

3 ripe bananas, crushed with the back of a fork

1 cup Greek yoghurt

$\frac{1}{4}$ tsp salt

1 tsp baking soda

1. Preheat the air frying oven to 160°C and turn the timer dial to 5 minutes.
2. Using an electric mixer, cream the butter, sugar, vanilla and honey until thickened and lightened in colour, approximately 4 minutes.
3. Add the eggs one at a time and beat well.
4. Fold through the flour, banana, yoghurt, salt and baking soda until just combined.
5. Once the 'HEATING' light goes off, turn the timer dial to 22-25 minutes (depending on size of baking tin). Spoon one-two tablespoons of mixture into each pre-greased mini baking tins and place them into the basket. Allow to bake until timer dings or an inserted skewer can be removed cleanly. Allow to cool on cake rack.
6. Serve with a dusting of ice sugar.

TIP: Use a 15cm round baking tin and bake for 28 minutes.

TIP: Top with a cream cheese icing by creaming 1 cup icing sugar mixture, 110g butter (softened) and 1tsp milk using an electric mixer for 3 minutes or until the sugar has dissolved completely. Evenly distribute over the cakes and enjoy.

Moist Chocolate Cake

Serves 6-8

185g butter, softened

1 ½ cups caster sugar

2 tsp vanilla extract

3 eggs

2 cups self-raising flour

½ tsp baking soda

¾ cup unsweetened cocoa powder

1 cup milk

1. Preheat the air frying oven to 160°C and turn the timer dial to 5 minutes.
2. Using an electric mixer, place the butter, sugar, vanilla, eggs, flour, baking soda, unsweetened cocoa and milk into the mixing bowl and fold on a low speed until just combined.
3. Once the 'HEATING' light goes off, turn the timer dial to 22-25 minutes (depending on size of baking tin). Pour the mixture into pre-greased mini baking tins and place them into the basket. Allow to bake until timer rings or an inserted skewer can be removed cleanly. Allow to cool on cake rack.

TIP: Serve with a dusting of icing sugar, or for a richer icing, add 100g melted chocolate (milk or dark) with 2-3 tablespoons of Greek yoghurt and evenly ice the top of the cakes.

TIP: Use a 15cm round baking tin and bake for 28 minutes.