

32  
Dishes

# RECIPE BOOK

Air Fry - Roast - Broil - Bake - Reheat - Keep Warm - Dehydrate

LOOK INSIDE FOR RECIPES USING SYNC SERVE

# INTRODUCTION

Congratulations! You are now the owner of an incredibly, versatile, convenient and powerful countertop Air Fryer that by its features and design doubles your cooking capacity.

Our Dual Basket Air Fryer offers you a healthier, faster, and easier way to cook the food you love.

To help you get the most out of your Dual Basket Air Fryer, we've created the recipes in this guide for mixing and matching, so you can prepare dozens of tasty meals, make snacks for one or for a crowd, and indulge your culinary whims as you please.

Bon Appétit!

## Contents

Sanata Maria Ribeye .....	01	Prosciutto-Wrapped Asparagus .....	09
Air Fried Whole Chicken .....	01	Roasted Corn .....	09
"Fried" Chicken .....	02	Roasted Garlic Broccoli .....	10
Grilled Cheese .....	02	Potato Chips .....	10
BBQ Bacon .....	03	Homemade French Fries .....	11
Chicken Tikka Drumsticks .....	03	Cajun French Fries .....	11
Garlic Lemon Chicken .....	04	Crispy Tofu .....	12
Pig in a Blanket .....	04	Onion Rings .....	12
Honey-Sriracha Wings .....	05	Muffin Breakfast Sandwich .....	13
Mongolian Chicken Wings .....	05	Breakfast Pizza .....	13
Fried Mozzarella Bites .....	06	Chocolate Soufflé .....	14
Pork Katsu .....	06	Chocolate Chip Muffins .....	15
Cajun-Style Shrimp .....	07	Lemon Pound Cake .....	15
Coconut Shrimp .....	07	Stuffed French Toast .....	16
Lamb Shawarma Skewers .....	08	French Toast Sticks .....	17
Yogurt Chicken Skewers .....	08	Cajun-Blackened Catfish .....	17



## Sanata Maria Ribeye

**PREP TIME:** 11 MINUTES  
**COOK TIME:** 6 MINUTES

**TEMPERATURE:** 400°F/200°C

### Ingredients

- ¼ teaspoon kosher salt
- ¼ teaspoon finely ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- A pinch dried rosemary
- A pinch cayenne pepper
- A pinch dried sage
- 1 ribeye (16 ounces), boneless
- 1 tablespoon olive oil

### Directions

- **SELECT** Preheat on the Air Fryer and press Start/Pause.
- **MIX** together the seasonings and sprinkle over the steak evenly.
- **DRIZZLE** olive oil onto the steak.
- **PLACE** the steak in the preheated air fryer.
- **SELECT** Steak and press Start/Pause.
- **REMOVE** the steak from the air fryer when done cooking. Allow to rest for 10 minutes before slicing and serving.

## "Fried" Chicken

**PREP TIME:** 2 HOURS  
**COOK TIME:** 25 MINUTES

**TEMPERATURE:** 380°F/190°C

### Ingredients

- 2 chicken legs
- 2 chicken thighs, bone-in, skin on
- 1 cup buttermilk
- 1½ cups all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon black or white pepper
- 1 teaspoon salt
- 2 tablespoons oil
- Nonstick** cooking spray

### Directions

- **COMBINE** chicken legs, thighs, and buttermilk in a ziplock bag. Marinate for 1-1½ hours.
- **MIX** flour, spices, and salt in a bowl.
- **TAKE** chicken legs and thighs straight from the bag and dredge in flour. Make sure chicken is completely covered. Then place on a cooling rack for 15 minutes.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/190°C, and press Start/Pause.
- **DAB** a kitchen brush into the oil and gently brush onto the chicken legs and thighs on each side.
- **PLACE** the legs and thighs into the preheated air fryer.
- **SELECT** Chicken and press Start/Pause.
- **FLIP** the chicken halfway through cooking and spray with cooking spray.
- **ALLOW** to cool for 5 minutes when done cooking, then serve.



## Air Fried Whole Chicken

**PREP TIME:** 10 MINUTES  
**COOK TIME:** 1 HOUR 10 MINUTES

**TEMPERATURE:** 320°F/160°C

### Ingredients

- 1 whole chicken (5 pounds)
- 3 tablespoons paprika
- 2 tablespoons white pepper
- 3 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons lemon pepper
- 2 teaspoons ground thyme
- 3 tablespoons salt
- Nonstick** cooking spray

### Directions

- **CLEAN** chicken and pat with paper towels to ensure the skin is dry.
- **MIX** together all the seasonings in a bowl.
- **SPRAY** the whole chicken with cooking spray and then generously rub seasoning mix all over.
- **PLACE** the chicken into the Innsky Air Fryer basket with the legs down.
- **SET** the temperature to 320°F/160°C, time to 60 minutes, and press Start/Pause.
- **FLIP** the chicken over after 30 minutes.
- **COOK** for the remaining 30 minutes, or until internal temperature of the chicken is 85°C.
- **ALLOW** the chicken to rest for 15 minutes, then serve.



## Grilled Cheese

**PREP TIME:** 5 MINUTES  
**COOK TIME:** 8 MINUTES  
**TEMPERATURE:** 320°F/160°C

### Ingredients

- 3 teaspoons butter, melted
- 4 slices white bread
- ½ cup sharp cheddar cheese, shredded, divided

### Directions

- **SELECT** Preheat on the Air Fryer, adjust to 160°C, and press Start/Pause.
- **BRUSH** butter on each side of the bread slices.
- **SPLIT** the cheese evenly on 2 slices of bread and top with remaining slices to make 2 sandwiches.
- **PLACE** the grilled cheese sandwiches in the preheated air fryer.
- **SELECT** Bread and press Start/Pause.
- **CUT** diagonally and serve.





## BBQ Bacon

**PREP TIME:** 2 MINUTES  
**COOK TIME:** 8 MINUTES

**TEMPERATURE:** 320°F/160°C

### Ingredients

1 tablespoon dark brown sugar  
2 teaspoons chili powder  
¼ teaspoon ground cumin  
¼ teaspoon cayenne pepper  
4 slices bacon, halved

### Directions

- **MIX** together the seasonings until well combined.
- **DREDGE** the bacon in the seasoning until fully coated. Set aside.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 320°F/160°C, and press Start/Pause.
- **PLACE** the bacon into the preheated air fryer.
- **SELECT** Bacon and press Start/Pause.



## Garlic Lemon Chicken

**PREP TIME:** 3 MINUTES  
**COOK TIME:** 20 MINUTES

**TEMPERATURE:** 380°F/193°C

### Ingredients

2 tablespoons olive oil  
1 lemon, juiced & zested  
1 tablespoon garlic powder  
2 teaspoons paprika  
1½ teaspoons salt  
1 teaspoon dried oregano  
½ teaspoon black pepper  
½ teaspoon brown sugar  
6 chicken legs, skin on

### Directions

- **MIX** together the olive oil, lemon juice, lemon zest, garlic powder, paprika, salt, oregano, black pepper, and brown sugar in a small bowl.
- **COVER** the chicken legs in the marinade and let sit for 30 minutes.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **PLACE** the chicken thighs into the preheated air fryer.
- **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.



## Chicken Tikka Drumsticks

**PREP TIME:** 1 HOUR  
**COOK TIME:** 20 MINUTES

**TEMPERATURE:** 350°F/175°C

### Ingredients

½ cup coconut milk  
1½ tablespoons tomato paste  
1 teaspoon garam marsala  
1 teaspoon cumin  
1 teaspoon turmeric  
1 teaspoon cardamom  
1 teaspoon garlic powder  
1 tablespoon ginger, grated  
1 teaspoon salt  
4 chicken drumsticks

### Directions

- **COMBINE** everything except chicken into a bowl and mix.
- **SOAK** chicken legs in the coconut marinade and toss until legs are well covered. Marinate for up to 1 hour.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/175°C, and press Start/Pause.
- **REMOVE** the chicken legs from the fridge and put them into the preheated air fryer.
- **COOK** at 350°F/175°C for 20 minutes.
- **SERVE** with steamed basmati rice.



## Pig in a Blanket

**PREP TIME:** 5 MINUTES  
**COOK TIME:** 10 MINUTES  
**TEMPERATURE:** 400°F/200°C

### Ingredients

½ sheet puff pastry, thawed  
16 cocktail-size smoked link sausages  
1 tablespoon milk

### Directions

- **SELECT** Preheat on the Innsky Air Fryer and press Start/Pause.
- **CUT** the puff pastry into 2½ x 1½-inch strips.
- **PLACE** a cocktail sausage on one end of the puff pastry and wrap the dough around the sausage, sealing the dough together with some water.
- **BRUSH** the upside (seam-side down) of the wrapped sausages with milk and place in the preheated air fryer.
- **COOK** at 400°F/200°C for 10 minutes, or until golden brown.



## Honey-Sriracha Wings

**PREP TIME:** 5 MINUTES      **TEMPERATURE:** 380°F/193°C  
**COOK TIME:** 30 MINUTES

### Ingredients

½ teaspoon smoked paprika	1 pound chicken wings
½ teaspoon garlic powder	<b>Nonstick</b> cooking spray
½ teaspoon onion powder	½ cup honey
½ teaspoon salt	½ cup Sriracha
¼ teaspoon black pepper	1 tablespoon rice wine vinegar
2 tablespoons cornstarch	¼ teaspoon sesame oil

### Directions

- **SELECT** Preheat, adjust to 380°F/193°C, and press Start/Pause.
- **MIX** together the smoked paprika, garlic powder, onion powder, salt, black pepper, and cornstarch.
- **TOSS** the wings in the seasoned cornstarch until all the wings are evenly coated.
- **SPRAY** the wings with cooking spray and mix around until all the wings are coated with oil.
- **PLACE** the wings in the preheated air fryer.
- **SELECT** Chicken, adjust time to 30 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking. (Rotate the trays and swap to ensure even cooking.)
- **WHISK** together the honey, Sriracha, rice wine vinegar, and sesame oil in a large bowl.
- **TOSS** the cooked wings in the sauce until they are well coated and serve.



## Mongolian Chicken Wings

**PREP TIME:** 15 MINUTES      **TEMPERATURE:** 380°F/193°C  
**COOK TIME:** 25 MINUTES

### Ingredients

1½ pounds chicken wings	2 tablespoons rice wine vinegar
1½ tablespoons vegetable oil	1 tablespoon Sriracha
Salt & pepper, to taste	3 garlic cloves, minced
¼ cup low-sodium soy sauce	1 tablespoon fresh ginger, grated
¼ cup honey	1 green onion, chopped, for garnish

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **TOSS** chicken wings, oil, salt, and pepper together until well coated.
- **PLACE** coated chicken wings into the preheated air fryer.
- **SELECT** Chicken and press Start/Pause.
- **COMBINE** soy sauce, honey, rice wine vinegar, Sriracha, garlic, and ginger in a saucepan.
- **BRING** to a simmer until the flavors meld and the glaze reduces slightly, about 10 minutes.
- **TRANSFER** wings, after 20 minutes, into a large bowl and toss with the glaze.
- **RETURN** wings to the air fryer baskets/racks and finish cooking for the remaining 5 minutes.
- **GARNISH** with green onions and serve.



## Fried Mozzarella Bites

**PREP TIME:** 10 MINUTES      **TEMPERATURE:** 350°F/175°C  
**COOK TIME:** 8 MINUTES

### Ingredients

6 pieces string cheese	1 tablespoon milk
2 tablespoons all-purpose flour	1 cup panko breadcrumbs
1 teaspoon cornstarch	1 teaspoon dried parsley flakes
½ teaspoon salt	<b>Nonstick</b> cooking spray
¼ teaspoon black pepper	<b>Marinara</b> sauce or ranch, for serving
2 eggs, beaten	

### Directions

- **CUT** the string cheese into thirds, making 18 pieces.
- **MIX** together the flour, cornstarch, salt, and pepper in a bowl. Whisk together the eggs and milk in a separate bowl. Combine the panko breadcrumbs and parsley flakes in an additional bowl.
- **COAT** each piece of cheese with flour, then dip in egg, and then roll in breadcrumbs. Dip in egg and breadcrumbs again.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/175°C, and press Start/Pause.
- **SET** the mozzarella bites in the freezer while the air fryer is preheating.
- **PLACE** the coated mozzarella bites into the preheated air fryer and spray liberally with cooking spray.
- **SELECT** Frozen Foods, set time for 8 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking (Rotate the trays and swap to ensure even cooking).
- **SERVE** with a side of your favorite marinara sauce, or even better, ranch.



## Pork Katsu

**PREP TIME:** 10 MINUTES      **TEMPERATURE:** 360°F/182°C  
**COOK TIME:** 14 MINUTES

### Ingredients

2 pork chops (6 ounces), boneless	¼ teaspoon white pepper
½ cup panko breadcrumbs	½ cup all-purpose flour
1 teaspoon garlic powder	2 eggs, beaten
1 teaspoon onion powder	<b>Nonstick</b> cooking spray
1 teaspoon salt	

### Directions

- **PLACE** pork chops into a ziplock bag or cover with plastic wrap.
- **POUND** the pork with a rolling pin or meat hammer until it has a ½-inch thickness.
- **COMBINE** the breadcrumbs and seasonings in a bowl. Set aside.
- **DREDGE** each pork chop in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixture.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 360°F/182°C, and press Start/Pause.
- **SPRAY** both sides of the pork with cooking spray and place into the preheated air fryer.
- **COOK** the pork chops at 360°F/182°C for 14 minutes.
- **REMOVE** from air fryer when done cooking, and allow to rest for 5 minutes.
- **SLICE** into pieces and serve.



## Cajun-Style Shrimp

**PREP TIME:** 3 MINUTES      **TEMPERATURE:** 370°F/188°C  
**COOK TIME:** 5 MINUTES

### Ingredients

1½ teaspoons salt	¼ teaspoon cayenne pepper
1 teaspoon smoked paprika	¼ teaspoon black pepper
1 teaspoon garlic powder	¼ teaspoon dried thyme
1 teaspoon Italian seasoning	1 pound large shrimp, peeled & deveined
1 teaspoon chili powder	1½ tablespoons olive oil
½ teaspoon onion powder	<b>Lime</b> wedges, for serving

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 370°F/188°C, and press Start/Pause.
- **COMBINE** all the seasonings together in a large bowl. Set aside.
- **TOSS** the shrimp with olive oil until the shrimp is evenly coated.
- **SPRINKLE** the seasoning mix onto the shrimp and toss until well coated.
- **PLACE** the shrimp into the preheated air fryer.
- **SELECT** Shrimp, adjust time to 5 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking (Rotate the trays and swap to ensure even cooking).
- **SERVE** with lime wedges.



## Coconut Shrimp

**PREP TIME:** 8 MINUTES      **TEMPERATURE:** 350°F/176°C  
**COOK TIME:** 8 MINUTES

### Ingredients

¼ cup all-purpose flour	1 tablespoon milk
1 teaspoon salt, divided	¼ cup panko breadcrumbs
½ teaspoon black pepper, divided	½ cup unsweetened flaked coconut
½ teaspoon garlic powder, divided	½ pound large shrimp, peeled (tails left on) & deveined
½ teaspoon paprika, divided	<b>Nonstick</b> cooking spray
2 large eggs, beaten	

### Directions

- **MIX** together the flour and half of the seasonings and spices in one bowl. Whisk together the eggs and milk in a separate bowl.
- **COMBINE** the panko breadcrumbs, coconut, and the other half of the seasonings and spices in an additional bowl.
- **COAT** each shrimp with flour, then dip in egg, and then roll in breadcrumbs and coconut. Dip in egg and crumbs again. Set aside.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause.
- **ADD** the shrimp evenly into the preheated air fryer and spray with nonstick cooking spray.
- **SELECT** Frozen Foods, adjust time to 8 minutes, and press Start/Pause.
- **FLIP** the shrimp halfway through cooking (Rotate the trays and swap to ensure even cooking).



## Lamb Shawarma Skewers

**PREP TIME:** 12 MINUTES  
**COOK TIME:** 8 MINUTES  
**TEMPERATURE:** 400°F/200°C

### Ingredients

¼ pound ground lamb  
1 teaspoon cumin  
1 teaspoon paprika  
1 teaspoon garlic powder  
1 teaspoon onion powder  
½ teaspoon cinnamon  
½ teaspoon turmeric  
½ teaspoon fennel seeds  
½ teaspoon ground coriander seed  
½ teaspoon salt  
4 bamboo skewers (9 inches)

### Directions

- **COMBINE** all ingredients in a bowl and mix well.
- **SKEWER** 3 ounces of meat onto each stick, then place in the fridge for 10 minutes.
- **SELECT** Preheat on the Innsky Air Fryer and press Start/Pause.
- **PLACE** skewers into the preheated air fryer, select Steak, adjust time to 8 minutes, and press Start/Pause.
- **SERVE** with lemon yogurt dressing or by itself.



## Yogurt Chicken Skewers

**PREP TIME:** 4 HOURS 10 MINUTES      **TEMPERATURE:** 400°F/200°C  
**COOK TIME:** 10 MINUTES

### Ingredients

½ cup plain whole milk Greek yogurt  
1 tablespoon olive oil  
1 teaspoon paprika  
¼ teaspoon cumin  
½ teaspoon crushed red pepper  
1 lemon, juiced & zested  
1 teaspoon salt  
¼ teaspoon freshly ground black pepper  
4 garlic cloves, minced  
1 pound chicken thighs, boneless, skinless, cut into 1½-inch pieces  
2 wooden skewers, halved  
**Nonstick** cooking spray

### Directions

- **MIX** together the yogurt, olive oil, paprika, cumin, red pepper, lemon juice, lemon zest, salt, pepper, and garlic in a large bowl.
- **ADD** the chicken to the marinade and marinate in the fridge for at least 4 hours.
- **SELECT** Preheat and press Start/Pause.
- **CUT** the marinated chicken thighs into 1½-inch pieces and skewer them onto the halved skewers.
- **PLACE** skewers into the preheated air fryer and spray with cooking spray.
- **COOK** at 400°F/200°C for 10 minutes.



## Prosciutto-Wrapped Asparagus

**PREP TIME:** 5 MINUTES  
**COOK TIME:** 10 MINUTES  
**TEMPERATURE:** 300°F/150°C

### Ingredients

12 spears asparagus  
2 teaspoons olive oil  
Salt & pepper, to taste  
12 slices prosciutto

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 300°F/150°C, and press Start/Pause.
- **CUT** off the woody ends of the asparagus spears and discard.
- **DRIZZLE** and coat the asparagus spears with oil. Season with salt and pepper.
- **WRAP** 1 slice of prosciutto around each asparagus spear, top to bottom, and place into the preheated air fryer.
- **SELECT** Vegetables, set time for 10 minutes, and press Start/Pause.



## Roasted Garlic Broccoli

**PREP TIME:** 3 MINUTES  
**COOK TIME:** 10 MINUTES  
**TEMPERATURE:** 300°F/150°C

### Ingredients

1 large head broccoli, cut into florets  
1 tablespoon olive oil  
1 teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon black pepper

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 300°F/150°C, and press Start/Pause.
- **DRIZZLE** the broccoli with olive oil and toss together until evenly coated.
- **TOSS** the broccoli with the seasonings.
- **ADD** the broccoli to the preheated air fryer.
- **SELECT** Vegetables and press Start/Pause.

## Roasted Corn

**PREP TIME:** 2 MINUTES  
**COOK TIME:** 10 MINUTES  
**TEMPERATURE:** 400°F/200°C

### Ingredients

1 ear of corn, husks & silks removed, cut in half  
1 tablespoon butter, melted  
¼ teaspoon salt

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 400°F/200°C, and press Start/Pause.
- **BRUSH** the melted butter all over the corn and season with salt.
- **PLACE** the corn in the preheated air fryer.
- **COOK** at 400°F/200°C for 10 minutes.
- **FLIP** the corn halfway through cooking (Rotate the trays and swap to ensure even cooking).



## Potato Chips

**PREP TIME:** 40 MINUTES  
**COOK TIME:** 25 MINUTES  
**TEMPERATURE:** 330°F/165°C

### Ingredients

2 liters water  
1 tablespoon salt  
2 large russet potatoes, thinly sliced  
1 tablespoon olive oil  
Salt & pepper, to taste

### Directions

- **MIX** together the water and salt in a large bowl until all the salt dissolves.
- **THINLY** slice the potatoes. Using a mandolin is highly recommended (use a 1.5 mm blade).
- **SOAK** the potatoes in the salt water for 30 minutes.
- **DRAIN** the potatoes and pat them dry.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 330°F/165°C, and press Start/Pause.
- **COAT** the potato slices with olive oil.
- **LAYER** the oil-coated potatoes in the preheated air fryer.
- **COOK** the potatoes at 330°F/165°C for 25 minutes. Make sure to shake the baskets halfway through cooking.
- **SEASON** the potatoes with salt and pepper when done cooking.





## Homemade French Fries

**PREP TIME:** 30 MINUTES  
**COOK TIME:** 28 MINUTES  
**TEMPERATURE:** 380°F/193°C

### Ingredients

2 russet potatoes, cut into 3 x ½-inch strips  
 1 liter cold water, for soaking potatoes  
 2 tablespoons oil  
 1 teaspoon garlic powder  
 1 teaspoon paprika  
 Salt & pepper, to taste  
 Ketchup or ranch, for serving

### Directions

- **CUT** the potatoes into 3 x ½-inch strips and soak in the water for 15 minutes.
- **DRAIN** the potatoes, rinse with cold water, and pat dry with paper towels.
- **ADD** oil and spices to the potatoes, tossing until they are coated evenly.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **ADD** the potatoes to the preheated air fryer.
- **SELECT** French Fries, adjust the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking.
- **REMOVE** the baskets from the air fryer when done cooking, and season the fries with salt and pepper.
- **SERVE** with ketchup or ranch.

## Cajun French Fries

**PREP TIME:** 30 MINUTES  
**COOK TIME:** 28 MINUTES  
**TEMPERATURE:** 380°F/193°C

### Ingredients

2 russet potatoes, peeled & cut into 3 x ½-inch strips  
 1 liter cold water  
 2 tablespoons oil  
 1 tablespoon Cajun seasoning  
 ¼ teaspoon cayenne pepper  
 Ketchup or ranch, for serving

### Directions

- **CUT** the potatoes into 3 x ½-inch strips and soak them in the water for 15 minutes.
- **DRAIN** them, rinse with cold water, and pat dry with paper towels.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **ADD** oil to the potato slices, and toss until they are coated evenly.
- **ADD** the potatoes to the preheated air fryer.
- **SELECT** French Fries, change the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking.
- **REMOVE** the baskets from the air fryer when done cooking, and season the fries with the Cajun seasoning and cayenne pepper.
- **SERVE** with ketchup or ranch.



## Crispy Tofu

**PREP TIME:** 15 MINUTES  
**COOK TIME:** 18 MINUTES  
**TEMPERATURE:** 370°F/188°C

### Ingredients

8 ounces firm tofu, cut into 1-inch cubes  
 2 tablespoons soy sauce  
 2 teaspoons rice vinegar  
 2 teaspoons sesame oil  
 3 tablespoons cornstarch

### Directions

- **TOSS** the tofu, soy sauce, rice vinegar, and sesame oil together in a shallow bowl. Allow to marinate for 10 minutes.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 370°F/188°C, and press Start/Pause.
- **DRAIN** the tofu of the marinade and then toss the tofu in cornstarch until evenly coated.
- **PLACE** the tofu into the preheated air fryer.
- **SELECT** Shrimp, adjust the time to 18 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking.



## Onion Rings

**PREP TIME:** 10 MINUTES  
**COOK TIME:** 20 MINUTES  
**TEMPERATURE:** 370°F/188°C

### Ingredients

1 small white onion, cut into ½-inch thick rounds & separated into rings  
 1 cup panko breadcrumbs  
 1 teaspoon smoked paprika  
 1 teaspoon salt  
 2 eggs  
 1 cup buttermilk  
 ½ cup all-purpose flour  
 Nonstick cooking spray

### Directions

- **SLICE** the onion into ½-inch thick rounds and separate the layers into rings.
- **COMBINE** the breadcrumbs, paprika, and salt in a bowl. Set aside.
- **WHISK** the eggs and buttermilk together until fully mixed.
- **DREDGE** each onion ring into the flour, then dip in the beaten eggs, and then the breadcrumb mixture.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 370°F/188°C, and press Start/Pause.
- **SPRAY** the onion rings liberally with cooking spray.
- **PLACE** onion rings in a single layer in the preheated air fryer baskets, and cook in batches at 370°F/188°C for 10 minutes until golden brown. Be sure to use cooking spray in between to make sure they are uniformly cooked.
- **SERVE** with your favorite dipping sauce.





## Muffin Breakfast Sandwich

**PREP TIME:** 2 MINUTES  
**COOK TIME:** 10 MINUTES

**TEMPERATURE:** 320°F/160°C

### Ingredients

**Nonstick** cooking spray  
1 slice white cheddar cheese  
1 slice Canadian bacon  
1 English muffin, split

1 tablespoon hot water  
1 large egg  
Salt & pepper, to taste

### Directions

- **SPRAY** the inside of a 3-ounce ramekin with cooking spray and place into the Innsky Air Fryer.
- **SELECT** Preheat, adjust to 320°F/160°C, and press Start/Pause.
- **ADD** the cheese and Canadian bacon to 1 half of the English muffin.
- **PLACE** both halves of the muffin into the preheated air fryer.
- **POUR** the hot water and egg into the heated ramekin and season with salt and pepper.
- **SELECT** Bread, adjust to 10 minutes, and press Start/Pause.
- **TAKE** the English muffins out after 7 minutes, leaving the egg for the full time.
- **ASSEMBLE** your sandwich by placing the cooked egg on top of the English muffin and serve.



## Breakfast Pizza

**PREP TIME:** 5 MINUTES  
**COOK TIME:** 8 MINUTES

**TEMPERATURE:** 350°F/176°C

### Ingredients

2 teaspoons olive oil  
1 pre-made pizza dough (7 inches)  
1 ounce low-moisture mozzarella cheese  
2 slices smoked ham  
1 egg  
1½ tablespoons cilantro, chopped

### Directions

- **BRUSH** olive oil on top of the premade pizza dough.
- **ADD** mozzarella cheese and smoked ham onto the dough.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause.
- **PLACE** the pizza into the preheated air fryer and cook for 8 minutes at 350°F/176°C.
- **REMOVE** baskets after 5 minutes and crack the egg on top of the pizza.
- **REPLACE** baskets into the air fryer and finish cooking. Garnish with chopped cilantro and serve.



## Chocolate Soufflé

**PREP TIME:** 10 MINUTES  
**COOK TIME:** 13 MINUTES  
**TEMPERATURE:** 330°F/165°C

### Ingredients

**Butter**, for greasing  
**Sugar**, for coating  
3 ounces bittersweet chocolate, chopped  
¼ cup unsalted butter  
2 eggs, yolks separated from whites  
½ teaspoon pure vanilla extract  
2 tablespoons all-purpose flour  
3 tablespoons sugar  
**Powdered** sugar, for dusting

### Directions

- **GREASE** two 6-ounce ramekins with butter. Sprinkle sugar into the ramekins, shaking to spread around, then dumping out the excess.
- **MELT** chocolate and butter together in the microwave in 30 second intervals until the chocolate is fully melted, about 30 seconds to 1 minute.
- **WHISK** the egg yolks and vanilla extract vigorously into the melted chocolate to prevent scrambling. Stir in the flour until there are no lumps and set aside to cool.
- **BEAT** the egg whites in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
- **ADD** the sugar, a little at a time, continuing to beat at medium speed, then increasing to high speed until whites just hold stiff peaks. Set aside.
- **SELECT** Preheat on Innsky Air Fryer, adjust to 330°F/165°C, and press Start/Pause.
- **STIR** about ½ of the whites into the chocolate mixture to lighten. Then, add chocolate mixture to the remaining whites, folding gently but thoroughly.
- **SPOON** batter into the ramekins and place into the preheated air fryer.
- **BAKE** the soufflés at 330°F/165°C for 13 minutes.
- **DUST** the soufflés with powdered sugar and serve immediately.



## Chocolate Chip Muffins

**PREP TIME:** 10 MINUTES  
**COOK TIME:** 15 MINUTES

**TEMPERATURE:** 300°F/150°C

### Ingredients

¼ cup granulated sugar	1 teaspoon baking powder
½ cup coconut milk or soy milk	¼ teaspoon baking soda
3 tablespoons coconut oil, liquidated	¼ teaspoon salt
½ teaspoon vanilla extract	½ cup dark chocolate chips
1 cup all-purpose flour	¼ cup pistachios, cracked (Optional)
2 tablespoons cocoa powder	<b>Nonstick</b> cooking spray

### Directions

- **COMBINE** sugar, coconut milk, coconut oil, and vanilla extract in a small bowl, then set aside.
- **MIX** together flour, cocoa powder, baking powder, baking soda, and salt in a separate bowl and set aside.
- **MIX** your dry ingredients into your wet, gradually, until smooth. Then fold in chocolate chips and pistachios.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 300°F/150°C, and press Start/Pause.
- **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
- **PLACE** the muffin cups carefully into the preheated air fryer. Cook at 300°F/150°C for 15 minutes.
- **REMOVE** muffins when done cooking and let them cool down for 10 minutes before serving.



## Lemon Pound Cake

**PREP TIME:** 10 MINUTES  
**COOK TIME:** 30 MINUTES

**TEMPERATURE:** 320°F/160°C

### Ingredients

1 cup all-purpose flour	1 large egg
1 teaspoon baking powder	1 tablespoon fresh lemon juice
½ teaspoon salt	1 lemon, zested
6 tablespoons unsalted butter, softened	¼ cup buttermilk
¾ cup granulated sugar	

### Directions

- **MIX** together the flour, baking powder, and salt in a bowl. Set aside.
- **ADD** the softened butter to an electric mixer and beat until light and fluffy, about 3 minutes.
- **BEAT** the sugar into the whipped butter for 1 minute.
- **BEAT** the flour mixture into the butter until fully incorporated, about 1 minute.
- **ADD** in the egg, lemon juice, and lemon zest. Mix on low until fully incorporated.
- **POUR** in the buttermilk slowly while mixing at medium speed.
- **ADD** the batter to a greased mini loaf pan all the way to the top. You may have some batter left over.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 320°F/160°C, and press Start/Pause.
- **PLACE** the pound cake into the preheated air fryer.
- **SELECT** Bread, adjust time to 30 minutes, and press Start/Pause.



## Stuffed French Toast

**PREP TIME:** 4 MINUTES  
**COOK TIME:** 10 MINUTES  
**TEMPERATURE:** 350°F/176°C

### Ingredients

1 slice brioche bread, 2½ inches thick, preferably stale  
4 ounces cream cheese  
2 eggs  
2 tablespoons milk  
2 tablespoons heavy cream  
3 tablespoons sugar  
1 teaspoon cinnamon  
½ teaspoon vanilla extract  
**Nonstick** cooking spray  
**Pistachios**, chopped, for topping  
**Maple** syrup, for serving

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause.
- **CUT** a slit in the middle of the brioche slice.
- **STUFF** the inside of the slit with cream cheese. Set aside.
- **WHISK** together the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
- **SOAK** the stuffed French toast in egg mixture for 10 seconds on each side.
- **SPRAY** each side of the French toast with cooking spray.
- **PLACE** the French toast in the preheated air fryer and cook for 10 minutes at 350°F/176°C.
- **REMOVE** the French toast carefully with a spatula when done cooking.
- **SERVE** topped with chopped pistachios and maple syrup.

## French Toast Sticks

**PREP TIME:** 5 MINUTES  
**COOK TIME:** 10 MINUTES

**TEMPERATURE:** 350°F/176°C

### Ingredients

4 slices white bread, 1½ inches thick, preferably stale  
2 eggs  
¼ cup milk  
1 tablespoon maple syrup  
½ teaspoon vanilla extract

**Nonstick** cooking spray  
3 tablespoons sugar  
1 teaspoon ground cinnamon  
**Maple** syrup, for serving  
**Powdered** sugar, for dusting

### Directions

- **CUT** each slice of bread into thirds making 12 pieces. Set aside.
- **WHISK** together the eggs, milk, maple syrup, and vanilla.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause. Allow to heat up.
- **DIP** the bread sticks into the egg mixture and arrange into the preheated air fryer. Spray the French toast sticks liberally with cooking spray.
- **COOK** the French toast sticks for 10 minutes at 350°F/176°C. Flip the sticks halfway through cooking.
- **MIX** together the sugar and cinnamon in a bowl.
- **COAT** the French toast sticks in the cinnamon sugar mixture when done cooking.
- **SERVE** with maple syrup and dust with powdered sugar.



## Cajun-Blackened Catfish

**PREP TIME:** 3 MINUTES  
**COOK TIME:** 7 MINUTES  
**TEMPERATURE:** 320°F/160°C

### Ingredients

2¼ teaspoons paprika  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon ground dried thyme  
1 teaspoon ground black pepper  
¼ teaspoon cayenne pepper  
¼ teaspoon dried basil  
¼ teaspoon dried oregano  
2 catfish fillets (6 ounces)  
**Nonstick** cooking spray

### Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 320°F/160°C, and press Start/Pause.
- **MIX** all of the seasonings together in a bowl.
- **COAT** the fish liberally on each side with the seasoning mix.
- **SPRAY** each side of the fish with cooking spray and place into the preheated air fryer.
- **SELECT** Seafood and press Start/Pause.
- **REMOVE** carefully when done cooking and serve over grits.