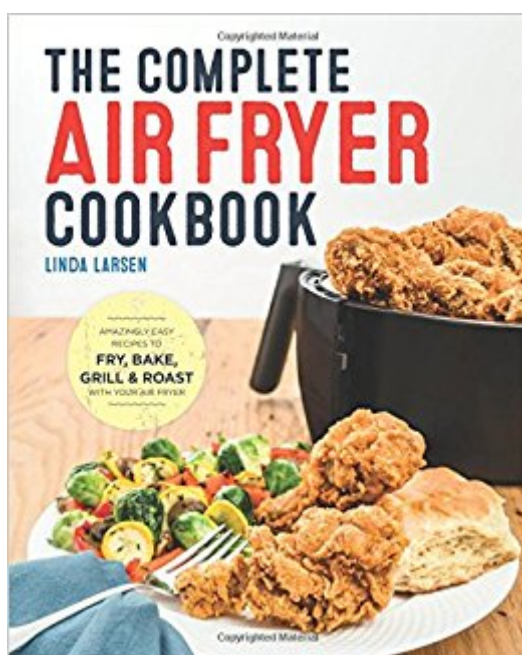


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The Complete Air Fryer Cookbook: Amazingly Easy Recipes To Fry, Bake, Grill, And Roast With Your Air Fryer



Synopsis

Move over, french fries! There are now more possibilities than ever to cook everything you love with all the health benefits and convenience of your home air fryer with The Complete Air Fryer Cookbook. When you think "air fryer" you probably don't think mixed berry muffins for breakfast, tuna zucchini melts for lunch, or spicy thai beef stir-fry for dinner. But, it's not as crazy as it sounds. The Complete Air Fryer Cookbook goes beyond fried foods to give you creatively inspired meals that are baked, grilled, roasted, and steamed. Full of tips and tricks to get the most from your air fryer, The Complete Air Fryer Cookbook shows you how to make meals you'll love with all of the taste and none of the guilt. The Complete Air Fryer Cookbook contains: Over 100 Recipes: Choose from a wide range of vegetarian, meat, fish, and poultry meals, including variations on your family's favorite recipes that adults and kids will love Detailed Nutritional Information: Proving the advantages of air frying Air Frying 101: Handy charts for guiding timing and temperature, plus advice on how to choose the best machine for you Air frying connoisseur and cookbook author Linda Larsen has collected her favorite recipes in The Complete Air Fryer Cookbook to turn your air fryer into an all-purpose cooking machine! The Complete Air Fryer Cookbook brings you recipes such as: Omelette in Bread Cups * Bacon Tater Tots * Sweet and Hot Chicken Wings * Seafood Tacos * Pesto Gnocchi * Mexican Pizza * Savory Roasted Sweet Potatoes * Chocolate Peanut Butter Molten Cupcakes * Apple Peach Cranberry Crisp * and much more.

Book Information

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Customer Reviews

View larger **Chicken Cordon Bleu** Cordon bleu is a French term that means "the blue ribbon";, which doesn't tell you much about this recipe. Chicken Cordon Bleu is simply chicken stuffed with ham and Swiss or Gruyere cheese. It's a fancy recipe that's a cinch to make with the air fryer. **Family Favorite Fry /**

380 **F.** Serves 4. Prep time: 15 minutes / Cook time: 13 to 15 minutes. Calories: 478; Total Fat: 12g; Saturated Fat: 3g; Cholesterol: 200mg; Sodium: 575mg; Carbohydrates: 26g; Fiber: 2g; Protein: 64g. **Instructions**

1. Put the chicken breast filets on a work surface and gently press them with the palm of your hand to make them a bit thinner. Don't tear the meat.
2. In a small bowl, combine the ham and cheese. Divide this mixture among the chicken filets. Wrap the chicken around the filling to enclose it, using toothpicks to hold the chicken together.
3. In a shallow bowl, mix flour, salt, pepper, and marjoram. In another bowl, beat the egg. Spread the breadcrumbs out on a plate.
4. Dip the chicken bundles into the flour mixture, then into the egg, then into the breadcrumbs to coat thoroughly.
5. Put the coated chicken bundles in the air fryer basket and mist with some olive oil.
6. Bake for 13 to 15 minutes or until the chicken is thoroughly cooked to 165 **F.** Carefully remove the toothpicks and serve. **Ingredient tip:** You can find chicken filets, which are cut from the chicken breast, in most large grocery stores. If you can't find them, you can cut one chicken breast in half, holding your knife parallel to the work surface, to make two thin slices.

Ingredients

- 4 chicken breast filets
- $\frac{1}{2}$ cup chopped ham
- $\frac{1}{3}$ cup grated Swiss or Gruyere cheese
- $\frac{1}{2}$ cup flour
- Pinch salt
- Freshly ground black pepper
- $\frac{1}{2}$ teaspoon dried marjoram
- 1 egg
- 1 cup panko breadcrumbs
- Olive oil for misting

LINDA LARSEN is the author of 28 cookbooks. She is a Busy Cooks expert at About.com, as well as a food safety writer. Linda has been developing recipes for more than 25 years and has previously worked for Pillsbury and Malt-O-Meal.

Answers most of my questions. New to air fryers, I have been "reading up" on the features and uses for this new tool. Three other cook books each answered some of my questions, but not enough to feel comfortable with my new toy. This book offers recipes conversion charts and practical guidelines for getting to know the machine. Helpful free reference websites are also listed at the back of the book.

Great product for the price, really nice simple recipes for the every day family and two person house

hold. I love the fact that most of the recipes are what all of us cook on a every day basis. This will not be sitting in a cupboard with 50 other cook books. This will be used every day. If you want a air fryer cook book with chicken and pork chops and different potatoes along with stuff you have in your home then this is the one. No fancy dishes just good home cooking.

Of the 5 books , I purchased on air fryer recipes, this one was the best written. This book included the number of servings for the recipes and it seems to be the only book that had been edited before printing.

Super Star of the three Air Fryer cookbooks I purchased recently. If you are new to Air Frying, this book is what you NEED. It has everything you need to get started with making great recipes. The book starts off with great tips and in depth information about the air fryer and its benefits. Next, you get five pages of charts for cooking most foods, frozen or fresh. This becomes a handy reference tool. The next section covers Air Fryer Safety, Oils to use, and Cleaning and Caring for your Air Fryer. Finally, there are nine chapters that include Breakfast, Lunch, Dinners, Appetizers, and Side Dishes. There is also an Appendix for Conversion Tables. Easy-to-follow, well-written and delicious recipes. This book is worth every penny!

This is recipes I can under stand. I have everything in my house. Very easy recipes and good tasting ones too. Like the Monkey bread, Bacon tater tot and etc. I like the Calories count, protein, and fat count in it. Works great for me on my diet. I just wish they had more pictures in it but we would have to pay more for the book. Paid full price for this no discount on this one.

Wish it had more simple every day type foods.

This book was not at all what I was expecting. It has quite a few recipe's but not many foods that we are interested in. However that just my opinion.

This is a real cook book written by a woman that knows how to cook. Good directions, common sense, well organized and a joy to use. I am an old life long chef---I love seeing good recipes that are well done.

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