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# Air Fry Everything: Foolproof Recipes For Fried Favorites And Easy Fresh Ideas By Blue Jean Chef, Meredith Laurence (The Blue Jean Chef)



## Synopsis

The Air Fry Everything! cookbook creates fried food fast without the added fat, calories or guilt. Created by The Blue Jean Chef, Meredith Laurence, Air Fry Everything! offers over 130 all new, flavor-bursting recipes, including restaurant makeovers, like Blooming Onions, Beer Battered Onion Rings, Chicken Wings, Shrimp Egg Rolls, and Skinny Fries, and turns them into healthy and crunchy, lower calorie alternatives. Additional recipes include Parmesan Chicken Fingers, Fish and "Chips," Cherry Chipotle Chicken Wings, Crab Cakes, Coconut Shrimp, Fried Cauliflower with Parmesan Lemon Dressing, homemade potato chips, Boston Cream Donut Holes, and much more. Your air fryer can create more than "fried" foods, and Air Fry Everything! gives you recipes for that too including Marinated Rib-Eye Steak with Herb Roasted Mushrooms, Inside Out Cheeseburgers, Honey Mesquite Pork Chops, Maple Balsamic Salmon, Roasted Vegetable Stromboli and Mini Molten Chocolate Cake, just to name a few. Plus foolproof recipes for making perfect bacon, roasting garlic, toasting nuts and creating crispy tortilla chips. As always Meredith also provides tips and tricks to help you get the most out of your air fryer, plus how to cook your favorite frozen foods without all the added oil that goes along with deep-frying. Air Fry Everything! is the must-have cookbook for anyone who owns an air fryer.

## Book Information

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## Customer Reviews

...one of the best air frying guides out there... (FoodForNet.com 2017-07-06)

Meredith Laurence, the Blue Jean Chef, has worked in numerous capacities and settings in the food world. After graduating from the New England Culinary Institute, she first honed her skills in two Michelin-rated restaurants in Les-Baux-de-Provence, France. She then went on to work as a line cook at Zuni Caf   in San Francisco and at Caf   Rouge in Berkeley, California. Meredith set out on a different culinary path when she returned to teach at the New England Culinary Institute in Vermont, instructing professional culinary students during the day and home cooks in the evenings. Having found her real passion for teaching home cooks, she moved back to San Francisco to teach and manage at two HomeChef    cooking schools (now Viking Culinary Arts Centers). At the same time, Meredith worked in the world of food and product consulting at the Center for Culinary Development, where she acquired an expertise in creating and testing recipes. For the last thirteen years, she has worked as the Blue Jean Chef    on live television doing on air cooking demonstrations, giving QVC customers advice on cooking and equipping their kitchens. Meredith is the author of three cookbooks. The first book, Blue Jean Chef: Comfortable in the Kitchen, has sold over 45,000 copies, received rave reviews, and helped home cooks broaden their repertoire and become more versatile with a variety of cooking techniques in the kitchen. In her second book, Blue Jean Chef: Comfortable Under Pressure, Meredith offered easy-to-read instructions for pressure-cooking and provided a wide variety of recipes for the pressure cooker, along with clear instructions and tips. To date, Blue Jean Chef: Comfortable Under Pressure has sold over 120,000 copies. Meredith's third cookbook, Blue Jean Chef: Delicious Under Pressure was released in August 2015, sold 75,000 copies in its first month and has sold over 130,000 copies to date. In her latest collection, Meredith makes the pressure cooker a must-have appliance by creating even more easy, flavorful and unexpected pressure cooker recipes. As the Blue Jean Chef, Meredith's belief is that being comfortable in the kitchen is key to successful and enjoyable cooking. How comfortable? Well, as comfortable as you would be in your blue jeans, relaxing with friends.

Best air fryer book. I watch her on QVC and get so excited about her recipes. There are many to choose from and all are delicious. Just be wary of her cooking times. I have found they are too long. Usually my stuff is done in about 2/3 the time she says in the book. So check your food as it cooks to avoid burning it.

I bought an air fryer a while ago and need a book to know how to use it. I have read more than 10 air fryer cookbooks thru Kindle Unlimited. This book is the best of all. Great recipes, tips, and

photos. I highly recommend.

I love this cookbook! The recipes are simple and they turn out delicious. I made the parmesan cauliflower and maple balsamic glazed salmon for dinner last night and it was perfect! I also made the blooming onion and I was amazed at how easy it was, except I have to hone my knife skills. Next up are the fish tacos and salmon burgers. Thank you!

So many good recipes and Meredith has expanded my thinking. I cooked tri tip steaks in the air fryer following Meredith's instructions and they were awesome with all the mess associated with broiling contained. That alone made this worth the price of admission. The book expanded how I thought of this new appliance I originally bought to make frozen French fries.

This cookbook is not only well-written but also beautifully illustrated. Meredith Laurence explains everything clearly and adds tips to help the reader be successful not just with the published recipe but with other recipes which use a similar method. I really enjoy her style of teaching - very structured as necessary for precise cooking - but presented casually. This book presents most of the standard fried recipes adapted to the airfryer..

This is a great recipe book, I have already made several. The Philly chicken cheese Stromboli is so good!

I wanted simple, basic recipes. I could NOT find any such recipes in this book. Some ingredients used in some of the recipes were ingredients I have never heard of.

This book has some great recipes, many very quick and easy. Lots of good tips, both about substitutes and cooking times. I'm using it very often, since I use my air fryer nearly every day. A very good purchase at a very good price.

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