



 **CHAMPION**  
AERO FRYER RECEPIES

# Product Overview



## High-speed air circulation technology

The high-speed air circulation technology from the aero fryer enables you to cook food that is more delicious but contains less fat than by cooking the traditional way.



## About cooking

### Q: Does this model of aero fryer use oil?

If the food itself contains an oil ingredient such as meat, seafood and frozen fries the food can be made without the oil. If the food does not contain oil, for example vegetables and fresh fries, one spoon of oil is adequate to cook food with the result as delicious as that of an ordinary fryer. With its high-speed air circulation system it rapidly heats and cook food with a crispy outside and tender juicy inside

### Q: What oil is recommended?

Most of the cooking oils can be used in the aero fryer to make food more delicious and crisp. The traditional cooking oil is recommended such as olive oil, sunflower oil and peanut oil.

### Q: What is the secret of air circulation system?

With the air circulation system the heat flows in a circulating rapid motion inside the food basket. The specially designed grain at the inner side of the food basket produces the spiraling heat flow that touches the food surface from every possible angle. The vapor can be expelled quickly. These three functionalities combine to form a golden and crisp surface that has the same appearance and feel as fried food. Instead of cooking the food in oil like in the traditional fryer, the aero fryer uses the natural oil in the food itself, leading to a lower intake of fat and a healthier diet.

## Aero fryer

### Brings you delicious, healthy and convenient food

The aero fryer cooks delicious and crispy fries and fried food. The new healthy and delicious food is a great substitute to the traditional fried food. The golden and crisp fries from the aero fryer are a real enjoyment for both adults and children.

The aero fryer can also be used to cook chicken nuggets, seafood, shish kebab, and other delicious food. If you want to show your superb skills in the kitchen, the aero fryer can lend you a hand to prepare various tasty tapas, snacks, and even brownies.

## About the aero fryer

To cook home-made fries or other crispy potato dishes, half a spoon of oil and 500g potato are adequate for a family of four. Oil is not needed to fry ready-made fries and snacks. Home-made salmon fish cakes, quiche and pizza are possible to cook a well without the need to add extra oil. To cook pastries, blend fine crumbs with a spoon of oil and stir until evenly combined. A thin coat of oil is adequate for cooking fried drumstick and satay.

The aero fryer is easy to use and gives you tasty food is only three steps away.

1. Spend three minutes to preheat the aero fryer to the required temperature.
2. Put the ingredients in the basket, slide the frying basket into the aero fryer, and set the frying time needed.
3. When the frying process reaches halfway, shake the frying basket. When the set time elapses, pour the food from the basket to a plate.



## Yoghurt and fries

### Main ingredients:

- 500g potatoes
  - 1/2 tablespoon of (olive) oil
  - 150ml yoghurt
  - 2 tablespoons of minced chives
  - Spicy black pepper
1. Peel and slice the potatoes into thin pieces.
  2. Soak the potato pieces in water for a minimum of 20 minutes, drain the water, and gently dry with kitchen paper.
  3. Preheat the air fryer to 150c; put the potato pieces in a big bowl, smear with oil and then put them in the frying basket
  4. Slide the frying basket into the air fryer, set the timer for 5 minutes, pre-fry to crisp the potato pieces, and then cool.
  5. Bring the air fryer temperature up to 180° (re-slide the frying basket carrying potato pieces) into the air fryer, set the timer for 12-16 minutes. Cook the pieces until golden brown.
  6. Prepare the yoghurt while frying. Blend the yoghurt and chives in a small bowl and stir until evenly combined. Add flavorings of salt and pepper.
  7. After cooking, get the fried fries from the filter equipped with a kitchen paper to absorb leftover oil, and then sprinkle salt.
  8. Enjoy the fries, yoghurt and fresh salad together.
- Attempting to make a large quantity of fries using the air fryer? Frying of 800g or less at a time is recommended. Frying in two batches will make the fries appearance more attractive.
  - A large quantity of fries can be made in one batch. Set the temperature to 180° (and the frying to last 18-20 minutes). Uneven heating in this method will make the fries appearance less attractive.
  - With fresh potatoes, the fries you make will appear brighter.

Thickness of fries	pre-frying	frying
5mm	4min	10-12min
10mm	6min	12-16min
15mm	7min	14-18min

## Spicy fries

### Main ingredients:

- 800g potatoes
- 2 small pieces of dry red chilies or a full teaspoon of fresh paprika and dry chili flakes.
- 1/2 tablespoon of fresh black pepper
- 1tablespoon of olive oil
- 1/2 tablespoon of curry powder

1. Preheat the air fryer to 180°
  2. Peel the potatoes in the water, and slice lengthwise to 15mm pieces.
  3. Soak the potato pieces in the water for a minimum of 20 minutes, drain the water, and then gently dry with dry paper.
  4. Grind the chilies in a mortar. Put grounded chilies in a bowl and blend with olive oil, pepper, and curry powder. Stir until evenly combined, and then rub the mixture over the potato pieces.
  5. Put the potato pieces into the frying basket and slide the basket into the aero fryer. Set the timer for 14-18 minutes, until the pieces become golden brown. Stir the pieces occasionally during frying.
  6. Pour the fries into a plate and sprinkle salt over the fries.
- Attempting to make a large quantity of fries using the aero fryer? Frying of 800g or less at a time is recommended. Frying in two batches will make the fries appearance more attractive.
  - A large quantity of fries can be made in one batch. Set the temperature to 180°(and cook for 18-20 minutes)
  - With fresh potatoes, the fries you make will appear brighter than pre-cooked and frozen fries.

Thickness of fries	pre-frying	frying
5mm	4min	10-12min
10mm	6min	12-16min
15mm	7min	14-18min

## Crisp curry potato cubes with coriander sauce

### Main ingredients:

- 750g potatoes
- 1 teaspoon of mild curry powder
- 1 tablespoon vegetable oil
- 1 small sliced ripe mango
- 15g minced fresh coriander
- Juice and peel of 1 lime
- Spicy black pepper

1. Preheat the air fryer to 180 °C, cut the potatoes into 2cm-thick cubes. Soak in water for a minimum of 20 minutes, drain the water, and then gently dry with kitchen paper.
2. Combine the curry powder and oil in a bowl and smear over the potato cubes. Put the cubes in the frying basket, and slide the basket into the aero fryer. Set the timer for 15-18 minutes until cubes become golden brown. Turn over the cubes occasionally during frying.
3. Meanwhile, pulp the mango and put it into a blender together with the coriander, lime peel and juice. Dash with salt and pepper taste.
4. Serve the curry potato cubes with the coriander sauce.

Tips: Flavor the fried potato cubes with different spices of your taste.



## Crisps

# Crisps

### Main ingredients:

- 750g potatoes
- 1 minced garlic clove
- 1 tablespoon of fresh thyme
- 1 tablespoon of olive oil
- Salt

1. Preheat the air fryer to 180 °C, cut the potatoes into 8mm-thick slices, soak in water for a minimum of 20 minutes, drain the water and then gently dry with kitchen paper.
2. Blend the garlic, thyme and olive oil in a bowl. Stir until evenly mixed and then coat the potato slices with the mixture.
3. Put the slices in the frying basket, and slide the basket into the aero fryer. Set the timer for 15-18 minutes until the potato slices become golden brown.
4. Serve.

Tips: Flavor the crisps with different spices to your taste



## American fries

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# American fries

### Main ingredients:

- 800g potatoes
- 1 tablespoon of olive oil
- Salt

1. Preheat the air fryer to 180°C.
2. Peel the potatoes in water, and slice lengthwise to 15mm pieces.
3. Soak the potato pieces in water for a minimum of 20 minutes, drain, and then gently dry with paper.
4. Blend in olive oil and salt in a bowl and stir until evenly blended, and then rub the mixture over the potato pieces.
5. Put the potato pieces into the frying basket and slide the basket into the aero fryer. Set the timer for 14-18 minutes, until pieces become golden brown. Stir the pieces occasionally during frying.
6. Serve.

Tips: Flavor the fries with different spices of your taste.



## Spicy fried drumstick

### Main ingredients:

- 1 minced garlic clove
- 1/2 tablespoon of mustard
- 1 teaspoon of dried paprika
- 1 tablespoon of olive oil
- 4 chicken drumsticks

1. Preheat the aero fryer to 200C
2. Mix garlic, mustard and paprika in a bowl. Flavor with salt and pepper and then add the oil by stirring it in.
3. Marinate the drumsticks for minimum 20 min.
4. Put the drumsticks into the drying basket and set the timer for 10-12 minutes.
5. Reduce the temperature to 150C and roast for another 10 minutes until golden brown.

Tips: Flavor the drumstick with spices of your taste.

A close-up photograph of several roasted chicken wings. The wings are a deep golden-brown color, indicating they are well-cooked and crispy. They are arranged on a white surface, with a green chili pepper visible in the foreground. A green rectangular label with white text is positioned in the top left corner of the image.

Roast golden brown chicken wings

## Roast golden brown chicken wings

### Main ingredients:

- 2 garlic cloves
- 2 teaspoons of ginger powder
- 1 teaspoon of cumin powder
- Spicy black pepper
- 500g chicken wings (room temperature)
- 100ml sweet chili sauce

1. Preheat the aero fryer to 200°
2. Combine garlic with ginger powder, cumin, a pinch of fresh black pepper and a little salt in a bowl. Stir until evenly combined, and then rub the mixture over the chicken wings.
3. Marinate chicken wings for 20 minutes.
4. Put the chicken wings in the frying basket, and slide the basket into the aero fryer. Set the timer for 15-20 minutes until wings become brown and crispy.

A close-up photograph of several fried chicken nuggets. The nuggets are a vibrant orange-brown color, suggesting they are freshly fried and crispy. They are served on a dark surface, with a slice of lime and a pile of shredded white cabbage visible in the background. A green rectangular label with white text is positioned in the top right corner of the image.

Fried chicken nuggets

## Fried chicken nuggets

### Main ingredients:

- 500g chicken nuggets
- 3 eggs
- 1 cup of flour
- Salt
- 1 tablespoon of olive oil
- White pepper

1. Preheat the aero fryer to 200°.
2. Pound the chicken nuggets with the back of the kitchen knife for 5 minutes and then rinse out. Add a little salt, and white pepper, stir until evenly mixed. Add some olive oil and stir.
3. Smear the chicken nuggets thoroughly with marinade, then leave for 20 minutes.
4. Put the chicken nuggets in the frying basket, and slide the basket into the aero fryer. Set the timer for 15-20 minutes to brown the nuggets.

A close-up photograph of several fried golden chicken wings. The wings are coated in a thick, golden-brown, crispy batter. They are arranged on a white lace doily. In the background, there are fresh green herbs and a slice of red bell pepper. A green rectangular box with white text is overlaid in the top left corner.

Fried golden  
chicken  
wings

## Fried golden chicken wings

### Main ingredients:

- 500g chicken wings
- Soy sauce
- Ginger
- Olive Oil

1. Preheat the aero fryer to 180C.
2. Mix soy sauce, ginger and oil in a bowl. Smear the mixture over the chicken wings.
3. Marinate for 20 minutes.
4. Put the chicken wings in the frying basket and cook for 10-12 minutes.
5. Reduce the temperature to 150C and roast for another 10 minutes until the wings are golden brown.

A close-up photograph of several fried lamb chops. The chops are cooked to a golden-brown color with a slightly charred exterior. They are arranged on a white plate. A brown rectangular box with white text is overlaid in the top left corner.

Fried lamb  
chops

## Fried lamb chops

### Main ingredients:

- 300g lamb chops
- Soy sauce
- Pepper
- Black pepper
- Olive oil

1. Preheat the aero fryer to 180C
- 2- Mix the flavorings and smear over the lamb chops.
3. Marinate for 20 minutes.
- 4- Put the lamb chops in the frying basket and cook for 10-12 minutes.



Fried lamb skewers

## Fried lamb skewers

### Main ingredients:

- Onions
- 1 egg
- 1 teaspoon of cumin powder
- Dried paprika
- 500g lamb skewers (at room temperature)
- Salad oil

1. Preheat the aero fryer to 180°C.
2. Blend onions, paprika, egg, salad oil, salt and cumin in a bowl and mix.
3. Smear and marinate the lamb skewers for 20 minutes.
4. Put the lamb chops in the frying basket, slide the basket into the aero fryer and set the timer for 15-20 minutes until lamb skewers are golden brown.