

AIR FRYER COOKING TIMES

Timings may vary according to your brand and how crispy you want your food

TEMP	TIME (MIN.)	TEMP	TIME (MIN.)
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VEGETABLES

Asparagus (sliced 1-inch)204°C 5	Onions (pearl)204°C 10
Beets (whole)204°C 40	Parsnips (½-inch chunks)193°C 15
Broccoli (florets)204°C 6	Peppers (1-inch chunks)204°C 15
Brussels Sprouts (halved)193°C 15	Potatoes (small baby, 1.5 lbs)204°C 15
Carrots (sliced ½-inch)193°C 15	Potatoes (1-inch chunks)204°C 12
Cauliflower (florets)204°C 12	Potatoes (baked whole)204°C 40
Corn on the cob198°C 6	Squash (½-inch chunks)204°C 12
Eggplant (1½-inch cubes)204°C 15	Sweet Potato (baked)193°C 30-35
Fennel (quartered)187°C 15	Tomatoes (cherry)204°C 4
Green Beans204°C 5	Tomatoes (halves)176°C 10
Kale leaves121°C 12	Zucchini (½-inch sticks)204°C 12
Mushrooms (sliced ¼-Inch)204°C 5			

CHICKEN

Breasts, bone in (1.25lbs.)187°C 25	Legs, bone in (1.75lbs.)193°C 30
Breasts, boneless (4 oz.)193°C 12	Wings (2 lbs.)204°C 12
Drumsticks (2.5 lbs.)187°C 20	Game Hen (halved- 2lbs.)198°C 20
Thighs, bone in (2 lbs.)193°C 22	Whole Chicken (6.5 lbs.)182°C 75
Thighs, boneless (1.5 lbs.)193°C18-20	Tenders182°C 8-10

BEEF

Burger (4 oz.)187°C 16-20	Meatballs (3-inch)193°C 10
Filet Mignon (8 oz.)204°C 18	Ribeye, bone in (1-inch, 8 oz.)204°C 10-15
Flank Steak (1.5 lbs.)204°C 12	Sirloin steaks (1-inch, 12 oz.)204°C 9-14
London Broil (2 lbs.)204°C 20-28	Beef Eye Round Roast (4lbs.)198°C 45-55
Meatballs (1-inch)193°C 7			

PORK AND LAMB

Loin (2 lbs.)182°C 55	Bacon (thick cut)204°C 6-10
Pork Chops, bone in (1-inch, 6.5 oz.)204°C 12	Sausages193°C 15
Tenderloin (1lb.)187°C 15	Lamb Loin Chops (1-inch thick)204°C 8-12
Bacon (regular)204°C 5-7	Rack of lamb (1.5 - 2lbs.)193°C 22

FISH AND SEAFOOD

Calamari (8 oz.)204°C 4	Tuna steak204°C 7-10
Fish Fillet (1-inch, 8 oz.)204°C 10	Scallops204°C 5-7
Salmon, fillet (6oz.)193°C 12	Shrimp204°C 5
Swordfish steak204°C 10			