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BESTEK
AIR FRYER RECIPES





Airfryer Introduction

We all love fried food...

Crispy fried chicken, french fries, coconut shrimp, chicken parmesan, crispy hot wings... the list goes on and on. Those tasty delights have become part of our everyday diet. Until now, it was impossible to get that great crunch and flavor associated with those foods without frying in deep fat or oil.

Good News Coming!

The new BESTEK Air Fryer has changed everything. Our culinary design team has perfected a cooking system that virtually eliminates the oil from the process and replaces it with hot circulating air that surrounds the food, cooking it to crisp and juicy perfection. With its unique Rapid Air Technology, the air fryer grills, bakes, roasts and fries with little to no oil, making it the perfect solution for fast and healthy meals and snacks.

The BESTEK Air Fryer

Will not only cook your favorite fried foods, but it also broils and bakes many other favorites like “air fried” burgers, calzones and doughnuts. It couldn't be easier! “OneTouch Presets” set the time and temperature for some of your favorites like crispy shrimp, fries and southern style chicken. We hope that you will enjoy using the air fryer as many others have around the world and the recipes inside inspire you to cook healthy, well-balanced meals for you and your family.

Before you begin

It is very important that you read this entire manual making certain that you are totally familiar with its operation and precautions.





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Note: Temperature conversion formula: °F=(°C×9/5)+32



1

Spicy Fries

- 28 oz/800g potatoes
- 2 small pieces of dry red chilies or a full teaspoon of fresh paprika and dry chiliflakes.
- ½ tablespoon of fresh black pepper
- 1 tablespoon of olive oil
- ½ tablespoon of curry powder

1. Preheat the air fryer to 356°F/180°C.
 2. Peel the potatoes in the water, and slice lengthwise to ½ inch (15mm) pieces.
 3. Soak the potato pieces in the water for a minimum as 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 air 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 air fryer? Frying of 28 oz (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 356°F/180°C and cook for 18-20 minutes
- With fresh potatoes, the fries you make will appear brighter than pre-cooked and frozen fries.



2

Potatoes au Gratin

- 7 medium russet potatoes, peeled
- ½ cup milk
- ½ cup cream
- 1 teaspoon black pepper
- ½ teaspoon nutmeg
- ½ cup Gruyère or semi-mature cheese, grated

1. Preheat the Air fryer to 392°F/200°C.
2. Lice the potatoes wafer-thin. In a bowl, mix the milk and cream and season to taste with salt, pepper and nutmeg. Coat the potato slices with the milk mixture.
3. Transfer the potato slices to a 8-inch heatresistant baking dish and pour the rest of the cream mixture from the bowl on top of the potatoes. Place the baking dish in the cooking basket into the Air fryer. Set the timer and cook for 25 minutes. Remove cooking basket and distribute the cheese evenly over the potatoes. Set the timer for 10 minutes and bake the gratin until it is nicely browned.

Tip: Instead of milk you can substitute 2 eggs.



Crisps

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

1. Preheat the air fryer to 356°F/180°C, cut the potatoes into 0.3inch/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 Air 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.



French Fries

- 2 Medium Russet Potatoes
- 1 Tbsp Olive Oil

1. Peel the potatoes and cut them into strips (0.5inch*3inch /12mm*76mm).
2. Soak the potatoes in water for at least 30 minutes. Then drain the potatoes thoroughly and pat them dry with paper towels.
3. Preheat the air fryer to 356°F/180°C.
4. Carefully coat the fries in oil and transfer to the fryer basket. Cook for 5 minutes, until crisp. Allow to cool.
5. Increase the air fryer temperature to 392°F/200°C.
6. Slide the basket of pre-cooked fries back into the air fryer and cook for 10-15 minutes or until golden brown.

TIP: Rather than cook the fries in 2 stages, you can cook all the fries at once, for 18-20 minutes at 392°F/200°C. This method will result in fries that are a little less evenly browned.



Spicy Fried Drumstick

- 1 minced garlic clove
- ½ tablespoon of mustard
- 1 teaspoon of dried paprika
- 1 tablespoon of olive oil
- 4 chicken drumsticks

1. Preheat the Air Fryer to 392°F/200°C.
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 minutes.
4. Put the drumsticks into the drying basket and set the timer for 10-12 minutes.
5. Reduce the temperature to 302°F/150°C and roast for another 10 minutes until golden brown.

Tips: Flavor the drumstick with spices of your taste.



Bacon Wrapped Shrimp

- 12 jumbo shrimp (peeled & shrimp)
- 12 slices of bacon
- Garlic salt
- ½ lemon

1. Rinse the shrimp under running water and pat with paper towel.
2. Tightly wrap the tail end of the shrimp with a slice of bacon, and overlap until you reach the top.
3. Lay all of the wrapped shrimp on a deep dish and squeeze the lemon to cover with juice. Add garlic salt.
4. Place the shrimp in the air fryer with some space between each shrimp to avoid sticking.
5. Fry the bacon wrapped shrimp at 356°F/180°C for 7 minutes. Turn the shrimp over midway through cooking. Remove from basket when golded.



Roast Golden Brown Chicken Wings

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

1. Preheat the Air Fryer to 392°F/200°C.
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 air fryer. Set the timer for 15-20 minutes until wings become brown and crispy.



Fried Chicken Nuggets

- 18 oz/500g chicken nuggets
- 3 eggs
- 1 cup of flour
- Salt Chicken extract
- 1 tablespoon of olive oil
- White pepper

1. Preheat the Air Fryer to 392°F/200°C.
2. In a bowl, add the chicken nuggets, 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 Air Fryer. Set the timer for 15-20 minutes to brown the nuggets.



Fried Golden Chicken Wings

- 18 oz/500g chicken wings
- Soy sauce
- Ginger
- Olive Oil

1. Preheat the Air Fryer to 356°F/180°C.
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 cook for 10-12 minutes.
5. Reduce temperature to 302°F/150°C. and roast for 10 minutes until the wings are golden brown.



Fried Lamb Chops

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

1. Preheat the Air Fryer to 356°F/180°C.
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.



Chimichurri Skirt Steak

- 1 lb/450g skirt steak
- 1 cup parsley (finely chopped)
- ¼ cup mint (finely chopped)
- 2 tablespoons oregano (finely chopped)
- 3 garlic cloves (finely chopped)
- 1 teaspoon crushed red pepper
- 1 tablespoon ground cumin
- 1 teaspoon cayenne pepper
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup olive oil
- 3 tablespoons red wine vinegar

1. Combine all ingredients, except the steak, in a mixing bowl.
2. Cut the steak into two half pound portions.
3. Add to a re-sealable bag along with ¼ cup of the chimichurri mixture. Refrigerate for 2 hours up to 24 hours.
4. Once steak is marinated, remove from the refrigerator and let sit at room temperature 30 minutes prior to cooking.
5. Preheat the Air fryer to 392°F/200°C.
6. Add steak to cooking basket and cook for 8-10 minutes for medium-rare.
7. Garnish with 2 tablespoons of chimichurri on top and serve.

Teriyaki Glazed Halibut Steak

- 1 lb/450g halibut steak
- ¾ cup soy sauce (low sodium)
- ½ cup mirin (Japanese cooking wine)
- ¼ cup sugar
- 2 tablespoons lime juice
- ¼ cup orange juice
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon ginger ground
- 1 each garlic clove (smashed)

1. In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
2. Bring to a boil and reduce by half, then cool.
3. Once cooled pour half of glaze/marinade into a re-sealable bag with halibut.
4. Refrigerate for 30 minutes.
5. Preheat the Air fryer to 392°F/200°C.
6. Place marinated halibut into Air fryer and cook for 9-11 minutes.
7. When finished brush a little of remaining glaze over the halibut steak.
8. Serve over a bed of white rice with basil/mint chutney.





Shrimp

- 8 oz/225g shrimp (16-20 count)
- 1 teaspoon cayenne pepper
- 1 teaspoon old bay seasoning
- 1 teaspoon smoked papeika
- 1 pinch of salt
- 1 tablespoon olive oil

1. Preheat the Air fryer to 392°F/200°C.
2. In a mixing bowl combine all the ingredients, coating the shrimp with the oil and the spices.
3. Place the shrimp into the cooking basket and cook for 5 minutes.
4. Serve over rice.



Cod Fish Nuggets

- 1 lb/450g cod fish filet (makes 18-20 nuggets)
- 2 tablespoons olive oil
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1 cup panko breadcrumbs
- 1 pinch salt

1. Preheat the Air Fryer to 392°F/200°C.
2. Gather the eggs, flour and breadcrumbs into three separate bowls.
3. Add salt and olive oil to the breadcrumbs bowl and mix well.
4. Cut the piece of cod into strips approximately 1inch*2.5inches/25mm*64mm Each nugget should be about ½ inch/12mm thick.
5. Place the nuggets into the flour, then the eggs and finally into the breadcrumbs.
6. Press the breadcrumbs down on the nuggets down to ensure they stick and cook evenly.
7. Shake off any excess breadcrumbs.
8. Cook half of the nuggets at a time, with each batch cooking for 8-10 minutes.



Fried Lamb Skewers

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

1. Preheat the Air fryer to 356°F/180°C.
2. Blend onions, paprika, egg, salad oil, salt and cumin in bowl and mix. Smear the flavoring over the lamb skewers.
3. Marinate the lamb skewers for 20 minutes.
4. Put the lamb chops in the frying basket, slide the basket into the Air fryer and set the timer for 15-20 minutes until lamb skewers are golden brown.



Salmon with Dill Sauce

- 12 oz/340g salmon (cut into two 6 oz pieces)
- 2 teaspoons olive oil
- 2 pinch salt
- ½ cup non-fat greek yogurt
- ½ cup sour cream
- 2 tablespoons dill (finely chopped)

1. Preheat the Air fryer to 356°F/180°C.
2. Cut salmon into two 6 oz portions and drizzle 1 teaspoon of olive oil over each piece. Season with a pinch of salt.
3. Place the salmon into the cooking basket and cook for 15-17 minutes.
4. Make the dill sauce. In a mixing bowl combine yogurt, sour cream, chopped dill and salt.
5. Top the cooked salmon with sauce and garnish with an additional pinch of chopped dill.



Grilled Cheese

- 4 slices of brioche or white bread
- ½ cup sharp cheddar cheeses
- ½ cup butter (melted)

1. Preheat the Air fryer to 356°F/180°C.
2. Place cheese and butter in separate bowls.
3. Brush the butter on each side of the 4 slices of bread.
4. Place the cheese on 2 of the 4 pieces of bread.
5. Put the grilled cheese together and add to the cooking basket.
6. Cook for 4-5 minutes or until golden brown and the cheese has melted.



Peanut Butter Marshmallow Fluff Turnovers

- 4 sheets fillo pastry (defrosted)
- 4 tablespoons chunky peanut butter
- 4 teaspoons marshmallow Fluff
- 2 oz butter (melted)
- 1 pinch sea salt

1. Preheat the Air fryer to 356°F/180°C.
2. Brush 1 sheet of fillo with butter. Fit a second sheet of fillo on top of the first and also brush with butter. Repeat until you have used all four sheets.
3. Cut fillo into 4 3inches*12inches/76mm*305mm strips.
4. Place 1 Tbsp of peanut butter and 1 tsp marshmallow fluff on the underside of a strip of fillo.
5. Fold the tip of the sheet over the filling to form a triangle and fold repeatedly in a zigzag manner until the filling is fully wrapped. Use a touch of butter to seal the ends of the turnover.
6. Place the turnovers into the Air Fryer basket and cook for 3-5 minutes, until golden brown and puffy.
7. Finish with a touch of sea salt for a sweet and salty combination.



Mini Cheeseburger Sliders

- 8 oz/225g ground beef
- 2 slices cheddar cheese
- 2 dinner rolls
- 2 teaspoons salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil

1. Preheat the Air fryer to 392°F/200°C.
2. Form the ground beef into two 4-ounce patties and season with salt and pepper.
3. Add the burgers to cooking basket and cook for 10-12 minutes.
4. Remove from Air fryer, place the cheese on top of burgers and return to Air fryer to cook for 1 more minute.



Vanilla Soufflé

- | | |
|--------------------------|--------------------------|
| -¼ cup All Purpose Flour | -¼ cup Butter (softened) |
| -1 cup Whole Milk | -¼ cup Sugar |
| -4 ea Egg Yolks | -2 tsp Vanilla Extract |
| -1 ea Vanilla Bean | -5 ea Egg Whites |
| -1 oz Sugar | -1 tsp Cream of Tartar |

1. Mix the flour and butter until it is a smooth paste.
2. In a sauce pot heat milk and dissolve the sugar. Bring to a boil.
3. Add the flour and butter mixture to the boiling milk. With a wire whisk, beat vigorously to ensure there are no lumps.
4. Simmer for several minutes until the mix thickens. Remove from the heat and cool for 10 minutes in an ice bath.
5. While the mix is cooling, take 6 3-ounce ramekins or soufflé dishes. Coat with butter and sugar. (This butter and sugar for coating is not included in the ingredients.)
6. In another mixing bowl quickly beat the egg yolks and vanilla extract/bean and combine with cooling milk mixture.
7. Separately beat the egg whites, sugar, and cream of tartar until the egg whites form medium stiff peaks.
8. Fold the egg whites into the soufflé base and pour into the prepared baking dishes and smooth off the tops.
9. Preheat the Air Fryer to 320°F/160°C.
10. Place 2 to 3 soufflé dishes into the Air Fryer. Cook for 12-15 minutes.
11. Serve with a sprinkle of powdered sugar on top of the soufflé, with a chocolate anglaise sauce.