



BridgePro

AIR FRYER RECIPES

Recipes

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18MIN
TIME



230°C
TEMPERATURE

Chicken Wings

INGREDIENTS

2 pounds (907 g) chicken wings
3/4 teaspoon (3.75 ml) salt

DIRECTIONS

- 1 Put the chicken wings onto the air fryer basket. Sprinkle with salt.
- 2 Put the air fryer basket into the oven rack Position 2. Set the oven to 230°C for 18 minutes. Cook until golden and crispy.



18MIN
TIME



230°C
TEMPERATURE

Sesame Ginger Sauce Chicken Wings

INGREDIENTS

¼ cup (60 ml) sesame oil
2 garlic cloves, grated
6 spring onions, thinly sliced
1 pc, 2 inch (5cm) ginger peeled and grated
2 pounds (907 g) chicken wings

2 tablespoons (30 ml) honey
2 tablespoons (30 ml) soy sauce
¼ cup (60 ml) toasted sesame seeds

DIRECTIONS

- 1 Put the chicken onto the air fryer basket.
- 2 Put the air fryer basket into the oven rack Position 2. Set the oven to 230°C for 18 minutes. Cook until golden and crispy.
- 3 Put sesame oil, soy sauce, honey, ginger, and garlic into a large bowl. Whisk together. Add sesame seeds and spring onions.
- 4 When the chicken wings are ready transfer wings to a large bowl and toss evenly. Serve immediately.



11MIN
TIME



230°C
TEMPERATURE

White Pizza

INGREDIENTS

1 thin-crust pizza dough
½ tsp. red pepper flakes
¼ cup ricotta cheese

2 cloves garlic, sliced thinly
9 slices of fresh mozzarellas

DIRECTIONS

- 1 Spray the baking pan with nonstick cooking spray, put the pizza dough on the pan, add ricotta, mozzarella, garlic and red pepper flakes.
- 2 Put the pan into the oven rack Position 3 and set the oven to 230°C for 11 minutes, or until the cheese is melted and lightly brown, and the bottom crust is golden.
- 3 Let the pizza cool for 5 minutes before cutting.



15MIN
TIME



230°C
TEMPERATURE

Roasted Vegetables

INGREDIENTS

1 cucumber
10 mushrooms
2 tablespoons olive oil

1 broccoli
1 onions, peeled
½ teaspoon salt

1 corn on the cob
5 asparagus
1 teaspoon garlic powder

DIRECTIONS

- 1 Line the Baking Pan with aluminum foil.
- 2 Cut the vegetables into similar size pieces so they cook evenly.
- 3 Drizzle with olive oil and sprinkle with salt and garlic pepper.
- 4 Put the baking pan into the oven rack Position 3. Set to VEGETABLES at 230°C for 15 minutes.



35MINS
TIME



230°C
TEMPERATURE

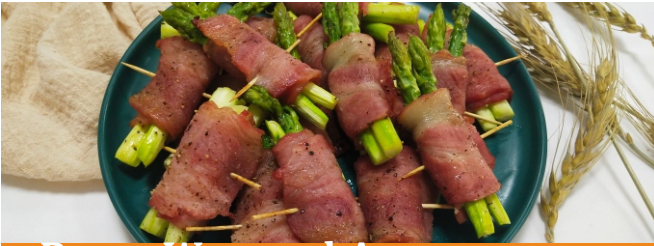
Baked Sweet Potato

INGREDIENTS

Sweet potatoes

DIRECTIONS

- 1 Place the sweet potatoes on baking pan.
- 2 Put the baking pan into the oven rack Position 2. Set to VEGETABLES at 230°C for 35 minutes, or until soft.



10MINS
TIME



230°C
TEMPERATURE

Bacon Wrapped Asparagus

INGREDIENTS

1 lb asparagus
Salt & Pepper

6 slices bacon
2 teaspoons Olive Oil

DIRECTIONS

- 1 Trim ends of asparagus so they are 5-6 inches long. Place in mixing bowl and toss with olive oil to coat. Season with salt and pepper.
- 2 Take 5-6 asparagus spears and one slice of bacon. Wrap the asparagus with bacon. Secure with toothpick sticks if desired.
- 3 Place them on the baking pan with aluminum foil, put the baking pan into the rack Position 3, set to Bacon at 230°C for 10 minutes, or until bacon is crispy and asparagus is cooked through.



30MINS
TIME



200°C
TEMPERATURE

Classic Roast Chicken

Makes 4 to 6 servings

INGREDIENTS

- 1 lemon, halved
- 1 garlic cloves, smashed
- 1 teaspoon (5 ml) salt
- ½ teaspoon (2.5 ml) freshly ground black pepper
- 2 teaspoons (10 ml) herbes de Provence or other dried herbs like rosemary and thyme
- 1 Whole chicken (4 pounds [1.8 kg])
- 1 teaspoon (5 ml) extra virgin olive oil

DIRECTIONS

- 1 Line the baking pan with aluminum foil.
- 2 Put the chicken dry and sprinkle with salt, half into the chicken's cavity. Put the chicken on the prepared baking pan and drizzle with olive oil. Rub with herbs and garlic cloves. Put the garlic
- 3 cloves into the chicken's cavity with the lemon.
- 3 Put the baking pan with the chicken into the oven rack Position 4. Set the oven to ROAST at 200°C for 30 minutes or until chicken is cooked through and is golden and crispy.



5MINS
TIME



176°C
TEMPERATURE

Kale Chips

Makes 4 servings

INGREDIENTS

- 4 stems curly kale, tough stems removed
- Olive oil, for spraying
- ¼ teaspoon (1 ml) salt

DIRECTIONS

- 1 Evenly put the kale leaves on the air fryer basket and spray liberally with oil.
- 2 Put the air fryer basket into the oven rack Position 2. Set to the oven to BAKE at 176°C for 5 minutes.
- 3 Cook until the kale is bright and crispy. **NOTE:** Keep an eye on the kale because it can crisp very quickly.
- 3 Once the kale is ready, remove from the oven and sprinkle with salt. Serve immediately.



5 HOURS
TIME



60°C
TEMPERATURE

Candied Bacon

INGREDIENTS

1 lb thick bacon
¼ tsp. ground cayenne pepper

¼ cup dark brown sugar
2 tbsp. maple syrup

DIRECTIONS

- 1 Evenly put the bacon strips on the oven rack.
- 2 Sprinkle the brown sugar and cayenne pepper over the bacon and rub into the meat. Brush the bacon with the maple syrup.
- 3 Put the oven-rack into the oven rack Position 2. Set the oven to DEHYDRATE at 60°C for 5 hours.



3-4 HOURS
TIME



50°C
TEMPERATURE

Dried Apple Rings

INGREDIENTS

1-2 Granny Smith Apples

DIRECTIONS

- 1 Using a pairing knife or a melon baller core the apple, then cut the apples into ¼ inch rounds.
- 2 Evenly put the slices on the oven rack. Put the oven-rack into the oven rack Position 2. Set the oven to DEHYDRATE at 50°C for 3 hours. You can also put additional slices on the air fryer basket if using more than 1 apple.
- 3 Let the apples cool completely before transferring to an airtight container to store.



18MINS

TIME



230°C

TEMPERATURE

French Fries

Makes 2 to 3 servings

INGREDIENTS

1 pound (454g) russet potatoes
Some olive oil for spraying

1 teaspoon (5ml) kosher or seasoned salt

DIRECTIONS

- 1 Peel the potatoes and cut them into 1/4 inch (0.6cm) by 3 inch (7.6cm) strips.
- 2 Soak the potato strips in water for 30 minutes, then drain thoroughly and pat them dry with a paper towel.
- 3 Put the dried potatoes into the air fryer basket. Spray liberally with oil. Sprinkle with salt and toss. Spread into a single layer.
- 4 Put the air fryer basket into the oven rack Position 2. Set to FRENCH FRIES at 230°C for 18 minutes, cooking until desired crispiness is achieved. Keep an eye on the fries as they can crisp quickly.
- 5 When the french fries are cooked are done, transfer to a serving bowl. Taste and adjust seasoning as desired. Serve immediately.



21MINS

TIME



230°C

TEMPERATURE

Sweet Potato Fries

Makes 2 to 3 servings

INGREDIENTS

Chipotle Mayonnaise:

½ cup (125 ml) mayonnaise
¼ teaspoon (1 ml) fresh lemon juice

1 chipotle chilli, finely chopped

Sweet Potato Fries:

Olive oil, for spraying

½ teaspoon (2.5 ml) salt

1 pound (454 g) sweet potatoes (about 2 medium), cut into ¼-inch (0.6 cm) thick pieces, about 4 inches (10 cm) long

DIRECTIONS

- 1 Prepare chipotle mayonnaise: stir mayonnaise, chipotle chilli, and lemon juice together in the bowl, then cover and refrigerate until ready to serve.
- 2 Make sweet potato fries: Put the cut sweet potatoes into the air fryer basket. Spray liberally with oil. Sprinkle with salt and toss. Spread into a single layer.
- 3 Put the air fryer basket into the oven rack Position 2. Set the oven to FRENCH FRIES at 230°C for 21 minutes. Cook until golden brown and crispy.
- 4 When sweet potatoes are ready, transfer to a serving bowl. Serve immediately with reserved chipotle mayonnaise on the side.



Roasted Salmon



4MINS
TIME



200°C
TEMPERATURE

This one-pan dinner takes barely any time to prepare and cook.

Makes 2 servings

INGREDIENTS

- ½ pound (227 g) wild salmon
- 1 cup (250 ml) cherry tomatoes
- ½ bunch asparagus, trimmed
- ½ teaspoon (2.5 ml) kosher salt
- 1 garlic clove, sliced
- 1-2 tablespoons (15 to 30 ml) extra virgin olive oil
- ¼ teaspoon (1 ml) freshly ground black pepper
- ½ cup (125 ml) Kalamata olives, pitted and roughly chopped

DIRECTIONS

- 1 Line the baking pan with aluminium foil. Put Salmon, tomatoes, asparagus, olives and garlic onto the baking pan.

Drizzle with olive oil and sprinkle with salt and pepper.
- 2 Put the baking pan with the salmon into the oven rack Position 1. Set the oven to ROAST at 200°C for 4 minutes.

Cook until salmon easily flakes apart and vegetables are browned.



10MINS
TIME



200°C
TEMPERATURE

Onion Ring

INGREDIENTS

1 Onion 1 Egg 150 g all purpose flour 3 g table salt
3 g smoked paprika 2 g ground pepper 130 ml Milk

DIRECTIONS

- 1 Rinse the onion and cut into approximately 1/4 inch rings. Carefully separate the rings from each other.
- 2 Line the baking pan with aluminium foil. Brush foil with a layer of canola oil, set aside.
- 3 Line the baking pan with aluminium foil. Brush foil with a layer of canola oil, set aside.
- 4 Combine the egg, milk, and salt in another bowl and stir well.
- 5 First, coat each onion ring in the flour mixture. Second, coat each ring in the egg mixture, then coat rings in bread crumbs and transfer to a baking pan.
- 6 Put the baking pan into the oven rack Position 2. Set the oven to FRY at 200°C for 10 minutes.



20MINS
TIME



175°C
TEMPERATURE

Butter Cookies

INGREDIENTS

2 tsp milk 2 cups (283g) all-purpose flour ¼ tsp salt
1 tsp vanilla extract 1 cup (140g) granulated sugar
2 large egg yolks 1 cup (226g) unsalted butter, softened

DIRECTIONS

- 1 In a bowl and with the use of an electric whisk device, cream together butter, sugar and salt until combined.
- 2 Mix in egg yolks and vanilla.
- 3 Add flour and mix until crumbly then add in milk and continue to mix while adding in a little more milk if needed for a pipe-able consistency.
- 4 Transfer to a 16-inch piping bag fitted with a large open star tip. Pipe dough into rounds onto ungreased baking pan.
- 5 Preheat the oven, then put the baking pan into the oven rack Position 2. Set the oven to BAKE at 175°C for 20 minutes or until golden brown on bottom.



13MIN
TIME



230°C
TEMPERATURE

Bagel

INGREDIENTS

- | | |
|---|----------------------------------|
| 2 teaspoons active dry yeast | 1 ½ tablespoons granulated sugar |
| 1 Egg | 1 ½ teaspoons salt |
| 3 ½ cups bread flour + extra for kneading | |
| 1 ¼ cups of warm water (1/4 additional water may be needed) | |
- Favorite condiment such as sesame seeds, shredded cheese, coarse salt, etc.

DIRECTIONS

- 1** Add sugar and yeast to 1/2 cup warm water, stir, and let rest for 5 minutes.
- 2** Mix the flour and salt in a large bowl. Make a well in the center and pour in the yeast mixture, mix, then adding warm water a little bit at a time until the dough is moist but firm and slightly shaggy.
- 3** On a floured surface, knead the dough until it's firm and stiff, about 7 minutes, working in flour from surface.
- 4** Lightly brush a large bowl with oil and turn the dough to coat. Cover the bowl with a damp dish towel and let rest in a warm place until it's doubled in size, 1-2 hours.
- 5** Punch down the dough and let it rest for 10 minutes.
Divide the dough into eight equal pieces, then shape each into a round.
- 6** Coat a finger in flour and press into the center of each dough ball to form a ring, stretching the ring into a bagel shape. Cover bagel shapes with a damp kitchen towel and allow to rest for 10 minutes.
- 7** Boil a large pot of water. Place bagels into boiling water by gently. Let bagels sit in boiling water for 1-2 minutes, then flip and allow to sit in water for an additional 1-2 minutes (the longer they are in the water, the chewier the texture will be).
- 8** Remove from water and place on airfryer basket brushed with oil. Brush bagels with egg wash (1 beaten egg plus 1 tablespoon water). Add condiment if desired.
- 9** Preheat the oven. Put the air fryer basket into the oven rack Position 2. Set the oven to VEGETABLES at 230°C for 13 minutes.



Egg Toast



1-7MIN
TIME



230°C
TEMPERATURE

INGREDIENTS

2 Slice of Bread
Salt & Pepper

1 Large Egg
Butter

Shredded Cheese

DIRECTIONS

- 1 Using a spoon flatten out the center of your piece of bread then butter your bread.
- 2 Crack egg into flattened section of bread and sprinkle with salt and pepper.
- 3 Sprinkle shredded cheese around the egg on bread and egg white.
- 4 Carefully place the egg bread on the air fryer basket. Put the air fryer basket into the oven rack Position 2. Set the oven to TOAST and choose the desired time (1-7 mins, or 4+ minutes recommended).



Baked Pumpkin



10MIN
TIME



230°C
TEMPERATURE

INGREDIENTS

Pumpkin
Olive oil

DIRECTIONS

- 1 Cut the pumpkin and brush with the olive oil.
- 2 Place the pumpkin on a baking pan. Put the baking pan into the oven rack Position 2. Set the oven to VEGETABLES at 230°C for 10 minutes or until soft.



10MIN
TIME



230°C
TEMPERATURE

Roasted Lamb Chops with Rosemary and Garlic

Makes 4 servings

INGREDIENTS

- 4 garlic cloves, crushed
- 1 tablespoons (30 ml) extra virgin olive oil
- ¼ teaspoon (1 ml) freshly ground black pepper
- 8 loin lamb chops, about 2 pounds (907 g)
- ½ teaspoon (2.5 ml) kosher salt
- 1 tablespoon (15 ml) chopped fresh rosemary (leaves from about 3 to 4 rosemary sprigs)

DIRECTIONS

- 1** Stir the garlic, rosemary, pepper and olive oil together in a bowl. Add the lamb chops and toss together well to fully coat. Let rest at room temperature for about 30 minutes. The lamb can also be marinated overnight in the refrigerator at this point for maximum flavour.
- 2** Line the Baking Pan with aluminum foil. Put the lamb chops on the pan and sprinkle evenly with the salt.
- 3** Put the baking pan into the oven rack Position 2. Set the oven to BROIL at 230°C for 10 minutes. Let the chops rest for about 5 minutes once removed from the oven before serving.



20MIN
TIME



176°C
TEMPERATURE

Bacon-Weaved Stuffed Turkey

INGREDIENTS

- 1 turkey breast, boneless
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 tablespoon (15 ml) olive oil
- 1 1/2 cups cornbread stuffing, cooked
- 10 bacon slices

DIRECTIONS

- 1 Slice the turkey breast down the middle and open it to butterfly.
- 2 Make a weave with the bacon on wax paper.
- 3 Spoon the stuffing into the center of the turkey. Roll the turkey with the bacon, then brush the bacon with olive oil.
- 4 Place the butterflied turkey breast over the bacon weave. Season with the salt and ground black pepper.
- 5 Tie the ends and middle of the turkey with string.
- 6 Line the baking pan with aluminium foil. Put the turkey on the baking pan.
- 7 Put the baking pan into the oven rack Position 3. Set the oven to BROIL at 176°C for 20 minutes. Serve with roasted asparagus.

NOTES
