

# Cuisinart®

## Recipe Booklet

Instruction Booklet on reverse side



# The Air Fry Plus

Your new best friend when it comes to speedy weeknight dinners. The Air Fry Plus oven has all of the features of a conventional oven, plus a dedicated air fry function. With 8 cooking functions to select from including Air fry, Pizza, Roast, Bake, Convection Grill, Grill, and Warm.

The combination of instant heat Quartz elements and a dual speed convection delivers high velocity, high heat airflow to reduce cooking time with perfectly cooked results every time.

Cook a chicken 30% faster than in a conventional oven, cook a roast 40% faster\*, air fry crispy chips in 10 minutes.

## AIR FRYER CHART

The chart below lists recommended cooking times, temperatures, and portions for various types of foods that can be Air fried in the Cuisinart® Air Fry Plus.

If portions exceed recommendations, you can toss food occasionally while cooking to ensure the crispiest, most even results. Smaller amounts of food may require less time. For best Air fry results, use the oven light to periodically check on food.

Air Frying doesn't require oil, but a light spray can enhance browning and crispness. Use an oil sprayer to keep it extra light or pour a little oil into a bowl, add food, and toss.

Food	Recommend amount	Function	Temperature	Time ( approx. cooking times )	Tips
Frozen Chips ( thick cut)	750g	Air Fry	230°C	15-25 mins	Shake, turn or stir halfway
Frozen Chips ( thin cut)	750g	Air Fry	230°C	10-15 mins	Shake, turn or stir halfway
Frozen Wedges	750g	Air Fry	230°C	12-25 mins	Shake, turn or stir halfway
Frozen Hash Browns	500g	Air Fry	200°C	10-15 minutes	Shake, turn or stir halfway
Hand Cut Chips	500g	Air Fry	200°C	15-20 mins	Add or spray with oil Shake, turn or stir halfway
Hand Cut Sweet Potato Fries	500g	Air Fry	200°C	15-20 mins	Add or spray with oil Shake, turn or stir halfway
Mixed Veggies	500g	Air Fry	200°C	10-20mins	Toss with oil before cooking. Shake, turn or stir halfway
Frozen Snacks	500g	Air Fry	200°C	8 minutes	Shake, turn or stir halfway
Frozen Chicken Nuggets	500g	Air Fry	200°C	8-10 mins	Shake, turn or stir halfway
Frozen Fish Fingers	450g	Air Fry	200°C	8 minutes	Shake, turn or stir halfway
Frozen Salt & Pepper Squid	500g	Air Fry	200°C	8-10 mins	Shake, turn or stir halfway
Frozen Chicken Schnitzel	500g	Air Fry	200°C	8-10 mins	Shake, turn or stir halfway
Frozen Mozzarella Sticks	500g	Air Fry	200°C	8-10 mins	Shake, turn or stir halfway
Fresh Crumbed Chicken	500g	Air Fry	180°C	10 minutes	Shake, turn or stir halfway
Bacon	8 slices	Air Fry	200°C	8 to 10 minutes	Shake, turn or stir halfway
Prawn	500g	Air Fry	230°C	3 to 10 minutes	Shake, turn or stir halfway

**Note : When Air Frying food with high moisture content condensation/steam is created when water evaporates. This can result in steam escaping or moisture dripping from the door. This is normal operation and will not effect the oven or result.**

The above temperatures and times are a guide and may need to be adjusted as qty, size and brands may vary results.

## GRILLING CHART

Food	Preparation	Temperature	Time
Burger – beef	180g patties	230°C	4 to 5 minutes per side
Steak	2.5cm to 5cm thick	230°C	2.5cm steak - 4 minutes per side 3.5cm steak - 5 minutes per side 5cm steak - 6 minutes per side (all recommended times are for medium rare)
Chicken Breast	Cut evenly – about 1.5cm	230°C	8 to 10 minutes per side
Chicken Thigh	Cut evenly - about 1.5 cm thick	230°C	10 to 12 minutes per side
Pork Chops	1.5cm to 2.5cm thick	230°C	5 to 6 minutes per side
Thick Fish Fillet or Steak	Up to 5cm thick	230°C	5 to 10 minutes per side
Thin Fish Fillet	1.5cm to 2.5cm thick	230°C	5 to 6 minutes per side
Prawn	Cleaned, then dried well	230°C	2 to 3 minutes per side
Vegetables	Cut into even thickness	230°C	3 to 10 minutes per side

## ROAST CHART

Meat	Weight	Temperature	Cooking Time	Notes
Pork Roast	up to 2 kg	230°C - approx 20 mins or until rind crackles then 20mins per kilo at 180°C	10 mins per 500g after initial 20mins	
Roast Chicken	up to 1.8kg	180°C	20 mins per 500g	
Roast Beef	up to 1.5kg	Preheat oven 220°C for 10min then reduce to 180°C	15 mins per 500g	Medium rare
Roast Lamb	up to 2 kg	180°C	20 mins per 500g	Medium

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# BREAKFAST AND SMALL BITES

## Prosciutto Egg Cups

An easy & super delicious make-ahead breakfast.

**Function : AIRFRY**

Makes 6 individual servings

**4** long slices prosciutto, cut in half  
**6** free range eggs  
**1/3 cup** milk  
**1/3 cup** goats cheese, crumbled  
**1 tbsp** flat leaf parsley, fresh & chopped  
**1/4 tsp** flaked salt  
**Nonstick cooking spray**  
**Freshly ground black pepper**

1. Lightly spray 4 x 3/4 cup ramekins with nonstick cooking spray and place onto the Baking Tray/Drip Pan. Line the ramekins with prosciutto layering one half over the other to cover base and sides allowing excess to slightly overhang the ramekins.
2. In a bowl, whisk together the eggs, milk, salt and pepper. Stir in crumbled goat's cheese.
3. Divide egg mixture between the ramekins.
4. Place into the oven on in rack Position 2. Select Air Fry and set the temperature to 160°C for 10 to 12 minutes, cooking until egg is set. Run a knife along the edge of each cup to loosen from pan.

## Crispy Chickpeas

Transform chickpeas into a crispy snack.

**Function : AIRFRY**

**1** can (440g) chickpeas, drained  
**1/4 tsp** flaked salt  
**1/2 tsp** ground cumin  
**Olive oil spray**  
**Freshly ground black pepper**

1. Place the Air Fry Basket into the Baking Tray/Drip Pan. Pat the chickpeas well dry with paper towel then place into a bowl and spray liberally with oil. Sprinkle with salt, cumin and pepper and transfer to the Air Fryer Basket.
2. Put the assembled basket into rack Position 1. Select Air Fry. Set the temperature to 180°C for 15 minutes, cooking until chickpeas are fragrant and lightly browned. It is normal that they may pop a little during the cooking process.

Allow to cool and serve warm.

## Spanish Tortilla

A traditional tapas recipe, these can be enjoyed with some marinated olives, a green salad & crusty bread.

**Function : AIRFRY**

Makes 6 servings

**1** Desiree potato, peeled & cut into 12 thin slices  
**1 tsp** flaked salt  
**5** large eggs  
**2 tbsp** red capsicum, roasted & chopped  
**Nonstick cooking spray**  
**Freshly ground black pepper**  
**Parsley, chopped fresh to garnish (optional)**  
**6** ramekin dishes

1. Lightly spray 3/4 cup ramekins with nonstick cooking spray and place onto the Baking Tray/Drip Pan.
2. Divide the onion slices evenly among the ramekins. Place 2 slices of potato in each cup and sprinkle with half the salt. Put into the Oven on the oven rack in Position 1. Select Air Fry and set the temperature to 200°C for 10 minutes.
3. While the onions and potatoes are cooking, beat the eggs, add the capsicum and remaining salt season with pepper. Once the potatoes and onions are ready, evenly pour egg into ramekins. Place ramekins back into the oven, select Air Fry, and set the temperature to 160°C for 8 minutes, cooking until egg is set.

Serve in ramekins.

## Veggie Chips with Rosemary & Sea Salt

Worth the effort – better than store bought!

**Function : AIRFRY**

Makes 4 to 6 servings

**700g** root vegetables (beetroot, sweet potato & parsnip)  
**2 tsp** rosemary, fresh & finely chopped  
**2 tsp** flaked sea salt  
Olive oil, for brushing

1. Place the Air Fry Basket onto the Baking Tray/ Drip Pan. Reserve.
2. Using a mandoline, cut vegetables into 3mm slices. Pat dry with kitchen paper towel. Arrange as many slices as possible in a single layer in the Air Fry Basket, avoiding any overlap. Brush both sides of the slices with olive oil and sprinkle with rosemary and salt.
3. Put the basket on the tray in rack Position 1. Select Air Fry and set temperature to 120°C, cooking until crisp: beetroot 30 to 35 minutes, parsnips 20 to 25 minutes, sweet potatoes 15 to 20 minutes. Flip halfway for best results.

## Vegetarian Nachos

The key to these nachos is to layer some of the cheese between two layers of chips. That way everyone gets a bit of cheese with every bite!

**Function : BAKE / GRILL**

Makes 4 servings

**175g** corn chips, plain  
**1 cup** grated 4 cheese blend  
**1** can (440g) refried beans  
**¾ cup** tomato salsa, chunky & thick  
Guacamole & sour cream (for serving)  
Fresh coriander leaves (optional)

1. Lightly grease a 6 cup baking dish.
2. Spread corn chips over the base of the dish then dollop on the beans and sprinkle with cheese.
3. Preheat the oven with the rack in Position 2. Once preheated, put the nachos into oven.
4. Select Bake at 180°C for 5 minutes, then select Grill for 5 minutes.
5. Keep an eye on the nachos while they are cooking – some cheeses melt and brown more quickly than others.

# MAIN COURSES

## Roasted Vegetables

Perfect as any side to a main.

**Function : AIRFRY**

Makes 2-4 servings

<b>1</b>	<b>small sweet potato, peeled</b>
<b>2</b>	<b>large carrots, peeled</b>
<b>1</b>	<b>red onion, sliced</b>
<b>150g</b>	<b>Olive oil spray</b>
<b>100g</b>	<b>feta cheese</b>
<b>1 tbsp</b>	<b>coriander, fresh &amp; chopped</b>

1. Cut potato and carrots into 3cm thick slices and halve again. Cut onion into quarters.
2. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Add the potato and carrot then spray moderately with olive oil. Select Air Fry with temperature set to 200°C. Cook for 6 minutes, turn vegetables and add onion.
3. Cook a further 4 minutes or until lightly golden and the potato is cooked. Remove and cool slightly before cutting into smaller chunks.

Add the vegetables, coriander and feta. Gently toss to combine.

## Macaroni Cheese with Bacon, Spinach & Bocconcini

**Function : BAKE/AIRFRY**

Makes 4 servings

<b>2 cups</b>	<b>dried macaroni pasta</b>
<b>500g</b>	<b>macaroni cheese pasta sauce</b>
<b>100g</b>	<b>sliced ham, diced</b>
<b>220g</b>	<b>Bocconcini cheese</b>
<b>60g</b>	<b>baby spinach leaves</b>
<b>½ cup</b>	<b>panko crumbs</b>
<b>250g</b>	<b>packet cooked rice medley, warmed</b>
	<b>Olive oil spray</b>
	<b>Freshly ground black pepper</b>

1. Lightly grease a 4 cup baking dish.
2. Cook pasta according to pack instructions. Drain and place into a large bowl, add sauce and ham then break the Bocconcini cheese balls in half and add to the bowl. Season well with pepper.
3. Spoon half of the pasta into the prepared dish then make a layer with the spinach leaves. Top with remaining pasta trying to cover the spinach the best you can.
4. Sprinkle the top with panko crumbs and spray the crumbs evenly with olive oil.
5. Preheat the oven. Once preheated, put the baking dish into the oven and set to Bake at 180°C for 20 minutes. Then set to Air Fry at 110°C for 4 minutes (or until crumbs are golden).

## Buffalo Chicken Wings

For a healthier option than deep-frying, Air Fry chicken wings. The Air Fry Plus, makes them extra crispy with no oil and little preparation.

### Function : AIRFRY

Makes about 15 wings

<b>900g</b>	<b>chicken wings*</b>
<b>¾ tsp</b>	<b>flaked salt</b>
<b>1 cup</b>	<b>buffalo sauce</b>
	<b>Nonstick cooking spray</b>

\* Many wings already come separated into flats and drumettes, but if only full wings are available, be sure to remove the tips and separate into two pieces.

1. Place the Air Fry Basket into the Baking Tray/ Drip Pan.
2. Generously coat the Air Fryer Basket with nonstick cooking spray. Reserve.
3. Put the chicken wings into the basket. Sprinkle with salt.
4. Put the assembled basket into rack Position 2. Select Air Fry with temperature set to 200°C for 25 minutes or until golden and crispy.
5. When chicken wings are done, toss immediately in sauce.

## Five-Spice Chicken Wings with Dipping Sauce

DO NOT skip the sauce with these crispy spiced wings. Any leftover sauce can be drizzled over steamed rice.

Enough seasoning for 20 wings. Makes about ⅔ cup sauce

<b>900g</b>	<b>chicken wing nibbles</b>
<b>1 tsp</b>	<b>flaked salt</b>
<b>1 tsp</b>	<b>Chinese five spice powder</b>

### Dipping Sauce:

<b>¼ cup</b>	<b>fish sauce</b>
<b>¼ cup</b>	<b>white sugar</b>
<b>1</b>	<b>garlic clove, finely chopped</b>
<b>½</b>	<b>Birds eye chilli (seeded &amp; thinly sliced)</b>
<b>1 tbsp</b>	<b>lime juice</b>
<b>1 tbsp</b>	<b>coriander, fresh &amp; chopped</b>
<b>1 tbsp</b>	<b>mint, fresh &amp; chopped</b>
<b>1 tbsp</b>	<b>carrots, finely shredded</b>
<b>1 tbsp</b>	<b>green shallots, thinly sliced</b>

1. Sprinkle the salt and five-spice powder over the chicken wings. Cook as instructed in preceding recipe.
2. While wings are cooking, prepare the dipping sauce. Place the fish sauce, sugar, garlic and chilli in a small saucepan set over low – medium heat. Cook 5 minutes to dissolve the sugar. Remove to cool to room temperature. Once cool, add the remaining ingredients and stir to combine.
3. Serve with dipping sauce and steam rice.



## Chicken Tenders

Kids of all ages will love this homemade version of the frozen standby.

**Function : AIRFRY**

Makes about 4 servings

**500g** chicken tenderloins, halved  
**¾ cup** plain flour  
**2** large eggs, lightly beaten  
**1½ cups** panko breadcrumbs  
Flaked salt  
Freshly ground black pepper  
Olive oil spray  
Nonstick cooking spray

1. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the chicken. Season the flour with salt and pepper.
2. Coat chicken pieces in the flour and shake off the excess before dipping into egg allowing excess to drain then finally coating evenly with the breadcrumbs. Spray both sides liberally with olive oil.
3. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Generously coat the basket with cooking spray. Put the prepared tenders into the basket and put into rack Position 1. Select Air Fry with temperature set to 200°C for 15 minutes, turn halfway through, cooking until chicken is evenly browned on both sides.

Serve immediately.

## Classic Roast Chicken & Veggies

Bake a classic roast in less time using the super convection Roast function.

**Function : ROAST**

Makes 4 to 6 servings

**up to 1.8kg** whole chicken  
**1** lemon, halved  
**1** tbsp extra virgin olive oil  
**1** large red onion  
**1** small sweet potato, halved lengthwise & cut into thick slices  
**1** large carrot, cut into thick slices  
**½ tsp** flaked salt  
Freshly ground black

1. Pat the chicken dry and put onto the Baking Tray/Drip Pan. Juice half the lemon over the chicken and drizzle with half the oil. Sprinkle with salt and season with pepper. Place the lemon halves into the chicken's cavity.
2. Put the Baking Tray/Drip Pan with the chicken into rack Position 2. Select Roast – with temperature set to 180°C. Set timer based on weight of chicken 20mins per 500g. When there is 20 minutes remaining in cooking remove tray and place vegetables around the chicken drizzle with remaining oil. Return to oven to complete cooking.
3. Check juices are running clear and rest chicken covered in foil for 10 minutes before serving.

## Salmon with Harissa & Preserved Lemon-Glaze

North African flavours uniquely shine in this glaze, which is sure to kick up your salmon routine.

### Function : WARM

Makes 4 servings

- 4**            **200g portions salmon or ocean trout fillet, skin on**
- 2 tsp**       **olive oil**
- ¼ cup**      **honey**
- 2-3 tsp**    **harissa (depending on heat preference)**
- 2 tsp**       **preserved lemon, finely chopped**
- Mixed herbs (parsley, coriander, dill), fresh & chopped**
- lemon wedges (to serve)**
- flaked salt (to serve)**

1. Remove salmon from refrigerator about 20 minutes prior to cooking. Rub flesh side with olive oil and season with salt. Place skin-side down on the Baking Tray/Drip Pan.
2. In a small bowl, whisk together honey, harissa (to taste) and preserved lemon. Pour glaze over salmon, and using a pastry brush or spoon, spread evenly over flesh.
3. Put the pan into rack Position 1. Select Warm Function and set temperature to 120°C and cook for 45 minutes, checking for doneness at 30 minutes; cooking time varies depending on thickness of fillet. Salmon is done when the flesh flakes easily with a fork at the thickest part. Ideally it should still have a slightly darker orange colour.
4. Transfer to a serving platter. Spoon any leftover glaze from pan over fish. Garnish with freshly chopped herbs and lemon wedges and serve immediately.

## Fish Tacos

Get a taste of Baja & the beach with these fish tacos – guilt free!

### Function: AIRFRY

Makes 6 tacos

- 400g**       **white boneless & skinned fish fillets (whiting, flathead, snapper, ling or cod)**
- 1 tsp**       **flaked salt**
- ½ cup**      **plain flour**
- 1**            **egg, lightly beaten**
- 1 cup**       **panko breadcrumbs**
- 2 cups**      **cabbage, finely shredded**
- ½ cup**      **coriander leaves, fresh & roughly chopped**
- 6**            **corn tortillas**
- Olive oil spray**
- Avocado slices (to serve)**
- Sour cream (to serve)**

1. Cut fish into strips about 4cm wide.
2. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the fish. Season the flour with salt and pepper.
3. Coat fish strips in the flour and shake off the excess before dipping into egg allowing excess to drain then coat evenly with the breadcrumbs. Spray both sides liberally with olive oil.
4. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Coat the Air Fryer Basket well with cooking spray. Spray both sides of fish with olive oil and place into the Air Fry Basket. Select Air Fry with the temperature set to 200°C and cook for 9 minutes; turn fish pieces and cook for an additional 3 - 5 minutes, or until evenly crispy.
5. Reserve cooked fish and then heat tortillas for about 2 - 3 minutes at 150°C, until soft and pliable. Serve tacos, each with 2 pieces of fish. Top with shredded cabbage, coriander, avocado and sour cream. Squeeze over fresh lime.

## Pizza Margherita

Simple & delicious—and quicker than takeout!

### Function : PIZZA

Makes 1 pizza, 6 slices

- 1** 30cm pizza base, fresh
- ¾ cup** tomato pizza sauce
- 2 tbsp** Parmesan, grated
- 100g** mozzarella cheese, fresh & thinly sliced
- 1 tbsp** extra virgin olive oil
- 1 cup** basil leaves, thinly sliced & tightly packed
- Nonstick cooking spray**

1. Lightly spray cooking oil on a 28cm pizza tray then place pizza base on top. Add a thin layer even layer of sauce to the centre of the dough (leaving a 3cm border for the crust).
2. Sprinkle the Parmesan and top with mozzarella slices. Brush the border with olive oil.
3. Preheat the oven by selecting Pizza with temperature set to 230°C for 10 minutes.
4. Once preheated, put Pizza Tray into rack Position 1 and cook for approx 8 minutes or until cheese has melted and browned. It is recommended to turn the tray halfway through baking time for best results.

## Crispy Squid Vietnamese Salad

The perfect summer dish for entertaining friends in those warmer months.

### Function: AIRFRY

Makes 2 to 4 servings

- 360g** Crumbed frozen squid
- 1** large carrot, cut into julienned strips
- 1** baby cucumber, halved lengthwise & thinly sliced
- 1** small red onion, halved & thinly sliced
- ½ cup** coriander leaves, fresh
- ¼ cup** mint leaves, fresh & torn
- 2-3 tbsp** Vietnamese salad dressing
- Olive oil spray**

1. Place the Air Fryer Basket onto the Baking Tray/Dripping Pan.
2. Add squid. Select Air Fry with temperature set to 200°C cook for 6 minutes or until lightly golden.
3. While squid is cooling prepare the salad by combining carrot, cucumber, onion and herbs toss together. Add squid and drizzle with Vietnamese dressing.

# SIDES & BREADS

## “Crisp” Brussel Sprouts

The tasty, sweet & spicy sauce makes these brussel sprouts a favourite side dish.

**Function: AIRFRY**

Makes 4 servings

**450g Brussel sprouts**  
**1 tsp flaked salt**  
**1 tbsp honey**  
**2 tsp chilli sauce**  
**1 tsp fresh lime juice**  
**Nonstick cooking spray**  
**Olive oil spray**

1. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan and lightly coat with cooking spray.
2. Trim the bottom of each brussel sprout and then cut in half lengthwise. Arrange the halved sprouts in the basket and then sprinkle with salt and lightly coat with olive oil.
3. Place the prepared basket into rack Position 2. First, set to Air Fry at 150°C for 20 minutes, and then Air Fry again at 180°C for 10 minutes. Sprouts should be soft yet crispy.
4. While sprouts are cooking, stir together the honey, chilli sauce and lime juice in a medium-size mixing bowl. Once the brussel sprouts are ready, toss in the sauce and serve immediately.

## French Fries

These crispy fries can be served with any of your favorite seasonings or sauces.

**Function: AIRFRY**

Makes 2-3 servings

**500g Sebago or Desiree potatoes,**  
**peeled**  
**1 tsp flaked salt**  
**Olive oil spray**

1. Cut potatoes into 1cm wide thick slices. Pat dry well with kitchen paper towel.
2. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Put the dried potatoes into the pan. Spray with oil and sprinkle with salt and toss. Spread into a single layer.
3. Put the assembled basket into rack Position 1. Select Air Fry with the temperature. Set to 200°C for 15 minutes, cooking until desired. Toss once during cooking until crispiness is achieved.
4. When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired.

# SWEET TREATS

## Sweet Potato Fries with Chipotle Mayo

A more nutritious alternative to regular French fries.

**Function :** AIRFRY

Makes 2 to 3 servings

**Chipotle Mayonnaise:**

½ cup whole egg mayonnaise

½-1 tbsp chipotle chilli sauce

¼ tsp lemon juice

**Sweet Potato Wedges:**

450g sweet potatoes, unpeeled & washed

1 tsp flaked salt

Olive oil spray

1. Place the mayonnaise, chipotle and lemon juice into a bowl and stir well to combine.
2. Cut sweet potato into slices about 2cm thick. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Put the cut sweet potatoes into the basket. Spray with oil, sprinkle with salt and toss. Spread out into a single layer.
3. Put the assembled basket into the oven in rack Position 1. Select Air Fry with temperature set to 200°C for 15 minutes, cooking until golden brown and crispy. Toss once during cooking.
4. When sweet potatoes are ready serve with chipotle mayonnaise.

## Dessert Wontons Two Ways

Get everyone involved in creating their own wonton at your next party. Sure to make a sweet memory.

**Function:** AIRFRY

Makes 24 wontons

**Chocolate-Peanut Butter-Banana:**

¼ cup thickened cream

30g dark cooking chocolate, finely chopped

½ cup smooth peanut butter

2 banana, 1.5cm thick slices

**Wontons:**

1 egg

1 tbsp water

24 wonton wrappers, square

Nonstick cooking spray

Icing sugar for dusting

1. Heat cream in a saucepan over low - medium heat until just simmering. Remove from heat, add chocolate and let stand for about 3 minutes. Using a heatproof spatula or whisk, stir until smooth and shiny. Allow to cool slightly.
2. Meanwhile, in a small bowl, mix the egg with 1 tablespoon of water. Lay out wonton wrappers, starting with 12 (keeping the remaining 12 covered with a damp towel). Working quickly, put one slice of banana into the center of each wrapper, topped with 1 teaspoon of peanut butter and 1 teaspoon of chocolate ganache. Use your finger to paint the edges of each wrapper with the egg wash. Shape each wonton by pinching the opposing corners of each square together. Repeat with remaining 12 wrappers.
3. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Arrange wontons in the Air Fryer Basket. Lightly spray with oil. Slide basket into rack Position 1. Select Air Fry with temperature set to 180°C for 8 minutes, cooking until golden brown. Remove wontons from basket.

## Raspberry White Chocolate Muffins

White chocolate & raspberry marry perfectly in this easy-to-make recipe.

### Function : BAKE

Makes 12 servings

<b>95g</b>	<b>white chocolate buds</b>
<b>125g</b>	<b>white sugar</b>
<b>330g</b>	<b>plain self-raising flour</b>
<b>125g</b>	<b>raspberries, frozen</b>
<b>1</b>	<b>egg, lightly whisked</b>
<b>125ml</b>	<b>canola oil</b>
<b>185ml</b>	<b>buttermilk</b>

1. Line a 6x ½ cup muffin tray with muffin cases.
2. Combine chocolate, sugar and flour in a large bowl. Coarsely chop half the raspberries then add all raspberries to the bowl.
3. Combine egg, oil and buttermilk whisk together. Once whisked, add to the dry ingredients. Gently stir until just combined. Ensure not to over mix.
4. Preheat oven ( 5 minutes) at 180°C with the rack in position 2. Spoon mixture into the cases Spoon mixture into the cases and bake for 20 minutes or until golden and cooked through. Remove muffins to a cooling rack and repeat baking process with the remaining muffin mix.

## Banana Loaf

Banana-full flavoured cake that's moist & fluffy.

### Function : BAKE

Makes 8 servings

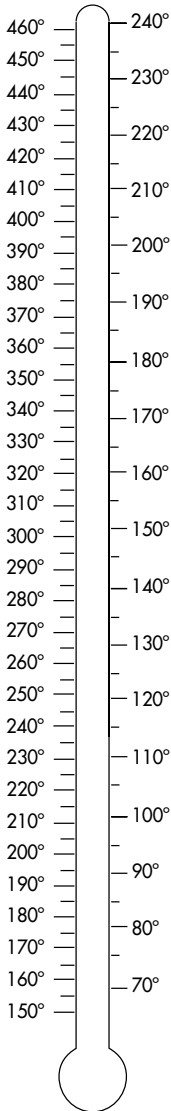
<b>4</b>	<b>bananas, ripe</b>
<b>125ml</b>	<b>light olive oil</b>
<b>3</b>	<b>eggs</b>
<b>2 tsp</b>	<b>vanilla essence</b>
<b>225g</b>	<b>wholemeal self-raising flour</b>
<b>225g</b>	<b>brown sugar</b>
<b>1 tsp</b>	<b>mixed spice</b>
	<b>Nonstick cooking spray</b>

1. Lightly spray a 7cm-deep, 10cm x 20cm (base measurement) loaf pan with oil. Line with baking paper allowing the excess to fold up over the longer sides.
2. Mash bananas and place into a bowl with olive oil, eggs and vanilla – whisk to combine.
3. Add flour, sugar and mixed spice and stir to combine.
4. Preheat oven ( 5 minutes) at 180°C with the rack in position 2. Spoon mixture into the prepared loaf pan and bake for 40 minutes or until cooked when tested with a skewer in the centre it should be dry.
5. Stand in tin for 5 minutes before removing to a cooling rack to cool completely.

# WEIGHTS, MEASURES & CONVERSIONS

## Temperature °F / °C

Fahrenheit      Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

## Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
<b>spoon</b>	
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

## Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz







