



Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side

THE EXPRESS OVEN™ AIR FRY

Your new best friend for preparing speedy weeknight meals, the Express Oven™ Air Fry is the most versatile and fastest oven yet. It has all the features of a multifunctional oven, plus a dedicated Air Fry function.

This oven cooks food so quickly that even a week-night roast seems easy, with no preheat time for roasting and a Super Convection fan setting this oven is your go-to for quick, delicious healthy meals. Bake, grill, slow cook and reheat meals without the hassle of heating a full size oven.

A specifically engineered 1630W motor combined with 6 heat elements & a fast-velocity fan positioned at the top of the unit allows for greater volume of hot air ensuring wider heat distribution at faster speeds. This advanced technology produces superior food results similar to textures of your ever-so desirable deep-fried takeaway foods such as fish and chips – crispy on the outside and juicy on the inside.

FEATURES

- Super convection fan for high-speed air frying, roasting and baking – allows you to cook up to 50% faster
- Versatile oven with 12 functions -cook anything your standard conventional oven would do and more
- Air-Fry function with built-in presets
- Digital settings to set precise temperature and time control
- Easy-to-read LCD screen with push button navigation
- Dual-Cook function programs 2 cooking functions in sequence – after first setting and timer is complete, the next setting will automatically switch over
- Intuitive 6 individual heating elements that guide heat where is needed
- PID temperature control for even-cooking results without cold spots
- Family-size capacity – fits up to a 2.5kg whole chicken or 30cm pizza

QUICK TIPS GUIDE

	ROAST	BAKE	GRILL	AIR FRY	SLOW COOK	PIZZA
Setting	Super convection can roast up to 50% faster than conventional ovens	Soft & fluffy: Cakes & muffins	Crisping & browning: Roast tops & casserole lids	Small - Medium foods: Bacon, wings, chips, spring rolls, nuggets, etc.	Vegetables, bone-in meats, whole fishes, cheap cut meats	Crispy bases with golden bubbly cheese
Min temp.	90°C	90°C	230°C	90°C	40°	170°C
Max temp.	230°C	230°C		230°C	150°C	230°C
Max time/capacity	2	2	2	1	12	2
Everyday	Chicken 20min/500g	Muffins 12 standard serves.	Croque Monsieur's	Chicken Tenders	Lamb Shanks	Margherita
Setting	DEHYDRATE	PROOF	REHEAT	WARM	TOAST	CRUMPET
	Snacks: Spinach chips, fruit roll-ups	Pastries, breads & pizza bases	Last-night's dinner	After functions: Slow Cook, Roast, Grill	Continental breakfasts	Continental breakfasts
Min temp.	40°C	25°C	90°C	90°C	1	1
Max temp.	95°C	40°C	230°C	230°C	7	7
Max time/capacity	72	2	2	2	1c-6c	1c-6c
Everyday	Kale Chips	Pizza Bases	Cooked Frozen Pie	Beef Casserole	Wholemeal	Traditional

RECIPES

BREAKFAST AND SMALL BITES

Prosciutto Egg Cups	4
Crispy Chickpeas	4
Spanish Tortilla.....	4
Veggie Chips with Rosemary & Sea Salt	5
Kale Chips	5
Vegetarian Nachos	5

MAIN COURSES

Italian Tomato Lamb Shanks.....	6
Roasted Vegetables	6
Indian Style Roast Pork Belly	6
Macaroni Cheese with Bacon, Spinach & Bocconcini.....	7
Buffalo Chicken Wings	7
Five-Spice Seasoning for Chicken Wings with Dipping Sauce	7
Smokey Oven-Roasted Ribs	8
Chicken Tenders	8
Classic Roast Chicken & Veggies.....	8
Salmon with Harissa & Preserved Lemon-Glaze.....	9
Fish Tacos	9
Open-Faced Croque Monsieurs	10
Pizza Margherita	10
Crispy Squid Vietnamese Salad	10

SIDES & BREADS

“Crisp” Brussel Sprouts	11
French Fries.....	11
Rustic Italian Bread.....	12
Sweet Potato Fries with Chipotle Mayo.....	12

SWEET TREATS

Pineapple Leather Roll-Ups.....	13
Dessert Wontons Two Ways	13
Raspberry White Chocolate Muffins	14
Banana Cake	14

WEIGHTS, MEASURES & CONVERSIONS

Weights, Measures & Conversions	15
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BREAKFAST & SMALL BITES

Prosciutto Egg Cups

An easy & super delicious make-ahead breakfast.

Makes 6 individual servings

4 long slices prosciutto, cut in half
6 free range eggs
⅓ cup milk
⅓ cup goats cheese, crumbled
1tbsp flat leaf parsley, fresh & chopped
¼tsp flaked salt
Nonstick cooking spray
Freshly ground black pepper

1. Lightly spray 4 x ¾ 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.

1 can (440g) chickpeas, drained
¼tsp flaked salt
½tsp 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 2. 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.

Makes 6 servings

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

1. Lightly spray ¾ 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!

Makes 4 to 6 servings

700g root vegetables (beetroot, sweet potato & parsnip)
2tsp rosemary, fresh & finely chopped
2tsp 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 2. 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.

Kale Chips

Kale chips make a light snack on their own, but they can also be crumbled & used as a salad topper.

Makes 4 servings

4 stems curly kale, tough stems removed
¼tsp flaked salt
Olive oil spray
¼ Teaspoon flaked salt

1. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Tear the large kale leaves into smaller pieces and place into the basket. Spray liberally with oil and then sprinkle with salt. Put the assembled basket into rack Position 1.
2. Select Dehydrate and set temperature to 60°C with Low fan, start checking at 3 hours. Dehydrate until kale is bright and crispy.

Note: Kale can take anywhere from 3 to 6 hours.

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!

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. Select Dual Cook. First set to Bake at 180°C for 5 minutes and then Grill for 5 minutes.
3. Once preheated, put the nachos into oven. Keep an eye on the nachos while they are cooking – some cheeses melt and brown more quickly than others .
4. Serve immediately with salsa, guacamole, sour cream and coriander.

MAIN COURSES

Italian Tomato Lamb Shanks

Succulent lamb shanks in an Italian-style rich tomato sauce.

Makes 4 servings

4	lamb shanks
½tsp	flaked salt
2tsp	olive oil
500g	Napoletana tomato pasta sauce
½ cup	water
3	sprigs rosemary
	Cracked black pepper

1. Lightly grease a 4 cup baking dish-with the salt and pepper.
2. Season lamb shanks then heat oil in a large frying pan over medium – high heat. Sear the shanks on both sides until lightly golden. Transfer to baking dish.
3. Pour the tomato pasta sauce and water over the shanks. Add rosemary sprigs. Cover dish well with foil sealing the edges. With slow cooking it is important to keep the dish well covered to retain steam to assist in the cooking and prevent drying out.
4. Select the Slow function with the rack in position 2 and cook at 150°C for 3 hours or until the meat is falling away from the bone.

Roasted Vegetables

Perfect as any side to a main.

Makes 2-4 servings

1	small sweet potato, peeled
2	large carrots, peeled
1	red onion, sliced
	Olive oil spray

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.

Indian Style Roast Pork Belly

A tender, juicy spiced roast.

Makes 4-6 servings

1kg	pork belly
4	chat potatoes
½ cup	Greek-style plain yoghurt
2tbsp	korma curry paste

1. Preheat the oven on Bake 200°C with the rack in Position 2 (10 minutes).
2. Combine korma paste and half the yoghurt in a small bowl. Rub well over the flesh side and then sparingly over the skin side. Cut potato into halves and place into a 3- 4 cup baking dish.
3. Place pork on top of potatoes and cover with a piece of kitchen paper. Cover dish very well with foil sealing the edges. Cook for 1½ hours – remove foil and paper then select Air Fry. Set to 175°C for 10 minutes or until rind is slightly crisp.
4. Serve with naan bread and pickled chutney.

Macaroni Cheese with Bacon, Spinach & Bocconcini

Makes 4 servings

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

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 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. Select Dual Cook with rack in position 2. First set to Bake at 180°C for 20 minutes then Air Fry at 110°C for 4 minutes (or until crumbs are golden).
5. Sprinkle the top with panko crumbs and spray the crumbs evenly with olive oil. Once preheated, put the baking dish into the oven and cook.

Buffalo Chicken Wings

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

Makes about 15 wings

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

* 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 preset Chicken Wings 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 Seasoning for 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

1tsp	flaked salt
1tsp	Chinese five spice powder
Dipping Sauce:	
¼ cup	fish sauce
¼ cup	white sugar
1	garlic clove, finely chopped
½	Birds eye chilli (seeded & thinly sliced)
1tbsp	lime juice
1tbsp	coriander, fresh & chopped
1tbsp	mint, fresh & chopped
1tbsp	carrots, finely shredded
1tbsp	green shallots, thinly sliced

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.

Transfer to a serving bowl and serve alongside the hot wings.

Smokey-Oven Roasted Ribs

Try this super-easy melt-in-your-mouth smoky flavoured ribs.

Makes 6 servings

Dry rub:

900g	American style pork ribs
2tbsp	light brown sugar, packed
3tbsp	chili powder
1tsp	flaked salt
1/2tsp	smoked paprika
1/2tsp	freshly ground black pepper
1/2tsp	dried oregano
1/2tsp	garlic powder
1/4tsp	cayenne pepper
	BBQ sauce to serve

1. Stir dry rub ingredients together in a small bowl.
2. Rub spices all over the ribs and refrigerate for at least 2 hours, but preferably overnight.
3. When ready to cook, arrange ribs on the Baking Tray/Drip Pan and put into rack Position 1. Select Low and set temperature to 95°C for 2 ½ hours.
4. When cooking is complete, cut into individual ribs and serve with barbecue sauce if desired.

Chicken Tenders

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

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 nonstick cooking spray. Put the prepared tenders into the basket and put into rack Position 2. Select Air Fry – Nuggets (not frozen) 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

Simple spices go a long way in this roast chicken recipe.

Makes 4 to 6 servings

2kg	whole chicken
1	lemon, halved
1tbsp	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
½tsp	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 1. Select Roast and set fan speed to HIGH – with temperature set to 180°C for 60 minutes. 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.

Makes 4 servings

4	200g portions salmon or ocean trout fillet, skin on
2tsp	olive oil
¼ cup	honey
2-3tsp	harissa (depending on heat preference)
2tsp	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 Slow and set temperature to 100°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!

Makes 6 tacos

400g	white boneless & skinned fish fillets (perch, boneless fillet)
1tsp	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
	Nonstick cooking 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 nonstick 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.

Open-Faced Croque Monsieurs

A French café favourite.

Makes 2 servings

- ½ cup** béchamel sauce
- 2** slices sourdough bread
- 1tbsp** Dijon mustard
- 4** ham leg slices
- 4** Swiss cheese slices
- Nonstick cooking spray**

1. To assemble the sandwiches . Lightly coat Air Fryer Basket with nonstick cooking spray and place onto Baking Tray/Drip Pan. Place the bread slices into the basket. Spread the top of each slice with some mustard and layer with 2 slices of ham. Spoon béchamel over the ham and top with 2 slices of cheese.
2. Put the prepared basket on pan into rack Position 2. Select Grill for 20 minutes, checking at 15 minutes. Sandwiches are done when the cheese is melted and golden brown.

Pizza Margherita

Simple & delicious—and quicker than takeout!

Makes 1 pizza, 6 slices

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

1. Lightly spray cooking oil on a 30cm 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 8 -10 minutes.
4. Once preheated, put Pizza Tray into rack Position 1. 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.

Makes 2 to 4 servings

- 360g** squid chips, frozen
- 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
- 2-3tbsp** Vietnamese salad dressing
- Olive oil spray**

1. Place the Air Fryer Basket onto the Baking Tray/ Dripping Pan.
2. Add squid and spray moderately with olive oil. 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.
4. Perfect accompaniments to main courses cooked quickly with minimal ingredients & barely any cleanup.

SIDES & BREADS

“Crisp” Brussel Sprouts

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

Makes 4 servings

450g	Brussel sprouts
1tsp	flaked salt
1tbsp	honey
2tsp	chilli sauce
1tsp	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. Select Dual Cook. 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, sriracha 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.

Makes 2-3 servings

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

1. Cut potatoes into 1cm thick slices, and then into thin strips about 1cm wide. 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 2. Select Air Fry – Chips (not Frozen) with the temperature set to 200°C for 15 minutes, cooking until desired crispiness is achieved.
4. When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired.

Rustic Italian Bread

This airy & crusty loaf proves that making artisanal-style bread at home has never been easier.

Makes 1 large round loaf (about 12 servings)

1¾tsp	active dry yeast
¾tsp	white sugar
1 cup	warm water
3 cups	bread flour
⅓ cup	wheat bran
1½tsp	flaked salt
1½tbsp	olive oil
1	large egg whisked with 1tbsp water

1. In a measuring cup, dissolve the yeast and sugar in the warm water. Let stand 5 minutes, or until mixture is foamy.
2. Put the flour, wheat bran and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds. Add the oil. With the machine running, slowly add the liquid through the feed tube and process until a dough ball forms. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large bowl that has been lightly oiled. Cover the bowl tightly with plastic wrap and let the dough rise for 1 hour, until doubled in size.
3. Punch down the dough, reshape into a ball and cover the bowl again with a clean piece of plastic wrap. Let rise for 1 hour.
4. Gently punch down the dough and shape into a tight, large round.
5. Line the Baking Tray/Drip Pan with baking paper. Put the dough round on the prepared pan and place into the Oven Position 1. Select Proof with temperature set to 30°C for 30 minutes.
6. Remove dough and preheat oven by selecting Bake with High Speed fan at 190°C for 30 minutes. Once the oven beeps to signal that it is preheated, cut an X into the top center of the loaf with a serrated knife, brush with the egg wash and put back into rack Position 1.
7. Bread should be nicely browned and sound hollow when tapped on the base.
8. Remove bread from the oven and cool completely on a wire rack before slicing.

Sweet Potato Fries with Chipotle Mayo

A more nutritious alternative to regular French fries.

Makes 2 to 3 servings

Chipotle Mayonnaise:

½ cup	whole egg mayonnaise
½-1tbsp	chipotle chilli sauce
¼tsp	lemon juice

Sweet Potato Wedges:

450g	sweet potatoes, unpeeled & washed
1tsp	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. Cut each slice into 3-4 wedge pieces. 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 2. 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.

SWEET TREATS

Pineapple Leather Rolls-Ups

A healthy, sweet treat for everyone's packed lunch.

Makes 5 Pineapple Leather Roll-Ups

3 cups **pineapple, cubed**
1tsp **lemon juice, fresh**
1-2tbsp **honey, to taste (optional)**
 Nonstick cooking spray

1. Combine pineapple, lemon juice and honey (if using) into a blender or food processor and blend/process until smooth.
2. Line the Baking Tray/Drip Pan with parchment paper, leaving some overhang around the sides, and spray with nonstick cooking spray. Pour the pineapple mixture onto the parchment and using a rubber or offset spatula, spread evenly over the entire surface area of the pan.
3. Put the pan in Position 2. Select Dehydrate and set the temperature to 60°C for 12 hours, checking for dryness at 6 hours. The fruit leather is done when it's no longer sticky to touch and starts to pull off parchment easily.
4. When cool to touch, place wax paper over top and turn over on flat surface. Carefully pull off parchment. Using sharp scissors, trim the wax paper, and cut the leather into five 6cm wide strips. Roll up each strip and seal with fun tape or baking twine. Store at room temperature in an airtight container up to a week.

Dessert Wontons Two Ways

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

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**
1tbsp **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 2. Select Air Fry with temperature set to 180°C for 8 minutes, cooking until golden brown. Remove wontons from basket.
4. Serve warm, dusted lightly with icing sugar and cinnamon. Note that they will likely hang around, but these doughnuts are best eaten just after cooking.

Raspberry White Chocolate Muffins

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

Makes 12 servings

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

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. 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.
5. Select Bake to cook at 180°C for 20 minutes.

Banana Loaf

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

Makes 8 servings

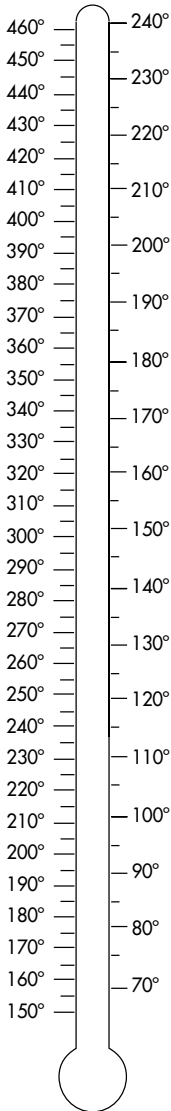
4	bananas, ripe
125ml	light olive oil
3	eggs
2tsp	vanilla essence
225g	wholemeal self-raising flour
225g	brown sugar
1tsp	mixed spice
	Nonstick cooking spray

1. Lightly spray a 7cm-deep, 10cm x 20cm (base measurement) loaf pan with oil. Line with kitchen 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. Spoon into the prepared loaf pan and top with slices of banana then bake for 40 minutes or until cooked when tested with a skewer.
5. Preheat oven (10 minutes) with the rack in Position 2. Select Bake (Low Fan) to cook at 180°C
6. 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
spoon	
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