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Gourmia®

Recipe Book

and Cooking Chart

AIR FRYER

Includes **30** recipes
uniquely created for
Model **GAF798**



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BREAKFAST



Blueberry Cornbread

Makes one 8-inch round pan / COOK TIME 35-45 minutes

1 cup cornmeal
1 ½ cups all-purpose flour
¾ cup sugar
2 teaspoons baking powder
¾ teaspoon kosher salt
1 cup buttermilk or whole milk
12 tablespoons unsalted butter, melted and cooled
2 large eggs
2 cups blueberries

Preheat Gourmia Air Fryer to BAKE 350°

1. Grease bottom and sides of metal baking pan
2. Mix cornmeal, flour, sugar, baking powder and salt together in large bowl
3. Mix milk, melted butter, and eggs together in separate bowl
4. Stir milk mixture into flour mixture until just combined
5. Stir in blueberries until just incorporated
6. Transfer batter to prepared pan
7. Bake until golden brown and knife inserted in center comes out clean, 35-45 minutes
8. Check cornbread halfway through baking and cover with foil if top is browning too quickly

Let cornbread cool in pan for 20 minutes before slicing

BREAKFAST



Brunch Baked Potatoes

Serves 6 / COOK TIME 35-45 minutes

6 small to medium size russet potatoes
1 tablespoon vegetable oil
Salt and pepper
¾ cup crème fraiche or sour cream
6 slices smoked salmon
Fresh dill for garnish

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Coat the potatoes with the oil and season with salt and pepper
2. Place potatoes in air fryer basket and cook 35-45 minutes or until potatoes are cooked through
3. Let potatoes cool for 5 minutes
4. Make a small slice along the top of each potato and squeeze to open slightly
5. Top each potato with 2 tablespoons of crème fraiche, a slice of smoked salmon and some fresh dill

BREAKFAST



Irish Soda Bread Scones

Makes 8-10 scones / COOK TIME 10-15 minutes

2 cups all-purpose flour
4 teaspoons baking powder
¼ cup sugar
¼ teaspoon kosher salt
6 tablespoons cold unsalted butter, cut into pieces
½ teaspoon whole caraway seeds
¼ cup raisins
⅔ cup buttermilk or whole milk
1 large egg

Preheat Gourmia Air Fryer to BAKE 375°

1. In a food processor pulse flour, baking powder, salt, and sugar a few times until just combined
2. Add the butter and pulse 7-10 times until the butter is completely distributed, the mixture should have a sandy texture to it
3. Transfer to a large mixing bowl
4. In a small bowl, whisk together the milk and egg, save 2 tablespoons to brush on scones just before baking
5. Pour the remaining milk and egg mixture into the mixing bowl with the dry ingredients
6. Add caraway seeds and raisins to bowl
7. Stir with a spatula until a rough dough forms
8. Transfer to a lightly floured surface and knead briefly until the dough comes together into ball (do not over work the dough or the scones will be tough)
9. Roll dough out to approximately 1-inch thick
10. Using a 2½-inch round cookie or biscuit cutter, cut out circles re-rolling and cutting as necessary to use all of the dough
11. Brush tops of scones with the reserved egg wash
12. Place the scones into the air fryer basket leaving ½-inch space between each, cooking in batches if necessary
13. Bake scones for 10-15 minutes or until tops are golden brown

BREAKFAST



Sour Cream Coffee Cake

Makes one 8-inch round cake / COOK TIME 30-35 minutes

Cake:
½ cup unsalted butter, softened
½ cup sugar
1 large egg
½ cup sour cream
½ teaspoon vanilla extract
1 cup all-purpose flour
½ teaspoon kosher salt
½ teaspoon baking powder
¼ teaspoon baking soda

Topping:
1 cup pecans, chopped
1 teaspoon ground cinnamon
¼ cup light brown sugar

Preheat Gourmia Air Fryer to BAKE 325°

1. Lightly grease an 8-inch metal baking pan
2. Combine topping ingredients together in a bowl and set aside
3. In a large bowl cream together butter and sugar until light and fluffy
4. Add egg and mix, then add sour cream and vanilla and mix again
5. In a separate bowl whisk together the flour, baking soda and baking powder
6. Add dry ingredients to butter mixture and mix until just combined
7. Spoon half of the batter into your prepared pan and smooth into an even bottom layer
8. Sprinkle half of the topping mixture over batter
9. Spoon remaining batter on top and smooth into an even layer
10. Sprinkle remaining topping mixture over top of batter
11. Place pan in air fryer basket and cook 30-35 minutes or until cooked through
12. Check cake halfway through baking and cover with foil if top is browning too quickly

Allow cake to cool 10 minutes before serving

MAIN



Chicken Tostadas

Serves 4 / COOK TIME 5-8 minutes

2 cups cooked rotisserie chicken, shredded
½ cup red enchilada sauce
12 corn or small flour tortillas
¾ cup crumbled queso fresco or mozzarella cheese
½ cup Mexican crema or sour cream
1 avocado sliced

Preheat Gourmia Air Fryer to ROAST 375°

1. Mix together chicken and enchilada sauce
2. Lay tortillas out in a single layer on a cutting board
3. Divide chicken mixture equally between tortillas
4. Repeat with cheese
5. Cook tortillas four at a time until heated through and tortillas are crispy, approximately 8 minutes
6. Repeat with remaining tortilla
7. Top each tostada with some of the crema and a few slices of avocado

MAIN



Chicken with Orange and Olives

Serves 4/ COOK TIME 15 minutes (plus additional 1 hour for marinating)

4 boneless skinless chicken breasts
1 tablespoon olive oil
Kosher salt and ground pepper
1 cup large green olives, pitted

Marinade:
1 cup orange juice
½ cup white wine
1 tablespoon olive oil
2 teaspoons garlic, finely chopped
2 teaspoons fresh marjoram or thyme, chopped
½ teaspoon kosher salt
½ teaspoon fennel seed, coarsely ground
¼ teaspoon ground black pepper
¼ teaspoon crushed red pepper flakes

Preheat Gourmia Air Fryer to AIR FRY 375°

1. In a large bowl mix together all marinade ingredients
2. Remove half of the marinade and reserve
3. Add chicken to bowl with remaining marinade
4. Cover and marinate for 1 hour in the refrigerator
5. Remove chicken from marinade and pat dry with paper towels
6. Arrange chicken in air fryer basket and cook for 15 minutes or until chicken is cooked through

While chicken is cooking
7. Add reserved marinade and olives to a small saucepan
8. Bring to a boil
9. Lower heat and simmer for 5 minutes
10. Remove chicken from air fryer basket to a serving platter and spoon olive and orange sauce over chicken

MAIN



Glazed Steak Bundles

Serves 4 / COOK TIME 8-10 minutes

Bundles:
8 thin slices sirloin or flank steak, approximately 3-inch x 6-inch and no more than ¼-inch thick
1 medium red onion, halved and thinly sliced into strips
1 red bell pepper, halved and thinly sliced into strips
1 green bell pepper, halved and thinly sliced into strips
1 small zucchini, halved and thinly sliced into strips
¼ cup olive oil
½ teaspoon fresh rosemary, finely chopped
Kosher salt and ground black pepper

Glaze:
¾ cup balsamic vinegar
¼ cup beef broth
2 teaspoons brown sugar
1 large clove garlic, minced
1 small sprig fresh rosemary

Preheat Gourmia Air Fryer to AIR FRY 400°

Make the glaze:
1. Mix all ingredients together in a small saucepan
2. Bring to a boil and reduce heat to low
3. Simmer until glaze thickens to a syrupy consistency, approximately 5 minutes
4. Remove from heat
5. Pour into a serving bowl, reserving ¼ of glaze to glaze bundles with

Make the bundles:
1. Rub each side of the steak slices with a little of the olive oil
2. Sprinkle with salt, black pepper and rosemary
3. Place a few of the vegetable strips vertically on one end of each steak slice so that once rolled up the end of the vegetables are sticking out of each end of the steak bundle
4. Roll up and secure with a toothpick
5. Repeat for each steak bundle
6. Place bundles in air fryer basket and cook 5 minutes
7. Open basket, brush each bundle with some of the reserved glaze
8. Continue cooking for an additional 3-5 minutes or until desired doneness
9. Remove toothpicks and serve with additional glaze on the side

MAIN



Honey Harissa Chicken with Crispy Chickpeas

Serves 2 / COOK TIME 18-20 minutes

4 bone-in, skin-on chicken thighs
1 15-ounce can chickpeas, drained
2 tablespoons harissa paste
2 tablespoons honey
1 tablespoon olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper
1 lemon, cut in half

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Combine harissa paste, honey, olive oil, salt and pepper
2. Rub harissa paste mixture on all sides of chicken thighs
3. Place chickpeas in air fryer basket and top with chicken, skin side up
4. Cook 18-20 minutes or until chicken is cooked through and chickpeas are crispy
5. Squeeze some lemon over chicken and chickpeas just before serving

MAIN



Inside Out Dumplings

Serves 4 / COOK TIME 10-12 minutes

1 pound ground pork or beef
4 ounces water chestnuts, finely minced
3 tablespoons panko breadcrumbs
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon ginger, grated or finely minced
1 teaspoon garlic, grated or finely minced
1 large scallion, minced
1 egg, lightly beaten
½ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Mix all ingredients together
2. Form into 1 ½-inch balls
3. Cook 10-12 minutes or until cooked through, cooking in batches if necessary

Serve over noodles or rice

MAIN



Kimchi and Bacon Grilled Cheese

Serves 1 / COOK TIME 5 minutes

2 slices hearty white bread
2 slices cheddar cheese
2 tablespoons kimchi, drained and chopped
2 slices bacon, air fried and crumbled
1 small green onion, chopped
Softened butter

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Place one slice of cheese on 1 slice of bread
2. Top with kimchi, bacon and green onion
3. Top with remaining cheese slice and bread
4. Butter both sides of bread
5. Place sandwich in air fryer basket and cook for 5 minutes turning halfway through cooking or until golden brown and melty

MAIN



Minty Lamb Chops

Serves 4 / COOK TIME 15 minutes (plus additional 1 hour for marinating)

4 bone-in lamb rib chops
Marinade:
1 cup mint, finely chopped
½ cup parsley, finely chopped
¾ cup olive oil
¼ cup lemon juice
2 tablespoons garlic, finely chopped
½ teaspoon kosher salt
¼ teaspoon ground black pepper

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a bowl large enough to hold lamb chops mix together all marinade ingredients
2. Remove half of the marinade and reserve
3. Add lamb chops to remaining marinade in bowl and mix to evenly coat
4. Cover and marinate in the refrigerator for 1 hour
5. Remove lamb chops from marinade shaking off any excess
6. Place lamb chops in air fryer basket and cook 12-15 minutes or until desired doneness flipping chops halfway through cooking

Serve with reserved marinade

MAIN



Salt and Vinegar Fish and Chips

Serves 4 / COOK TIME 8-10 minutes

4 boneless skinless cod or haddock fillets approximately 6 ounces each
1 egg
½ cup tartar sauce
2 cup crushed salt and vinegar potato chips
1 cup panko breadcrumbs

Preheat Gourmia Air Fryer to AIR FRY 375°

1. In a shallow bowl beat together egg and tartar sauce
2. In a separate shallow bowl mix together potato chips and panko
3. Dip each fish fillet into egg mixture and then into potato chip mixture gently pressing to adhere coating to fish
4. Cook 8-10 minutes turning halfway through cooking until fish is cooked through and golden brown

Serve with fries and additional tartar sauce if desired

MAIN



Sesame Crusted Salmon

Serves 4 / COOK TIME 8-10 minutes

4 boneless skinless salmon filets, approximately 6 ounces each
2 tablespoons unsalted butter, softened
2 teaspoons soy sauce
1 tablespoon untoasted sesame seeds, white, black or a combination

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Mix together butter and soy sauce until well combined
2. Brush ¼ of butter mixture on each salmon filet
3. Sprinkle with sesame seeds pressing gently to help sesame seeds adhere
4. Place salmon in air fryer basket
5. Cook 8-10 minutes or until just cooked through

VEGETABLES



Butter Roasted Radishes

Serves 2 / COOK TIME 10-12 minutes

2 16 oz. packages or 3 bunches radishes, trimmed and cut in half if large
2 tablespoons unsalted butter, melted
½ teaspoon kosher salt
¼ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl toss radishes in melted butter, salt and pepper until well coated
2. Place radishes in air fryer basket
3. Cook 10-12 minutes shaking basket halfway through cooking Radishes should be crisp tender and slightly browned when finished

VEGETABLES



Chili Garlic Broccoli

Serves 4
COOK TIME 15 minutes for fresh, 10 minutes for frozen (defrosted)

4 cups broccoli florets fresh or frozen (if using frozen defrost and drain well)
1 tablespoon olive oil
1 fresh red or green hot chili (jalapeno, fresno or similar), sliced into ¼ inch thick rings or ½ teaspoon dried crushed chili flakes
2 medium garlic cloves, sliced
½ teaspoon salt
¼ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 375°

1. In a large bowl toss together all ingredients
2. Place broccoli into air fryer basket keeping in a single layer
3. Cook 10-15 minutes shaking basket halfway through cooking until broccoli is cooked through and nicely browned

VEGETABLES



Crispy Glazed Cabbage Steaks

Serves 4 / COOK TIME 10-12 minutes

1 small head cabbage, cut into 1-inch thick wedges
3 tablespoons lime juice
2 tablespoons vegetable oil
1 tablespoon garlic, finely chopped
1 tablespoon ginger, finely chopped
1 tablespoon fish sauce
1 tablespoon packed dark brown sugar
½ teaspoon siracha or other chili garlic sauce

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Mix all ingredients except cabbage together in a bowl
2. Brush each side of the cabbage wedges with some of the lime juice mixture
3. Place cabbage wedges in air fryer basket in a single layer, cooking in batches if necessary
4. Cook 10-12 minutes turning halfway through cooking until cabbage is and glazed and lightly charred

VEGETABLES



Maple Glazed Butternut Squash

Serves 4 / COOK TIME 12-15 minutes

4 cups peeled butternut squash, cut into 1-inch cubes
1 tablespoon maple syrup
2 teaspoons olive or vegetable oil
½ teaspoon kosher salt
¼ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl mix together all ingredients until squash is evenly coated with oil and maple syrup
2. Place squash in air fryer basket keeping in an even layer
3. Cook 12-15 minutes or until squash is brown and cooked through

VEGETABLES



Pesto Potato Wedges

Serves 4 / COOK TIME 12-15 minutes

4 medium russet potatoes, cut into 1-inch thick wedges
½ cup pesto (homemade or purchased), divided
¼ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl mix together potatoes with ¼ cup pesto and the black pepper until potatoes are evenly coated
2. Place potatoes in air fryer basket keeping in an even layer
3. Cook 12-15 minutes shaking basket halfway through cooking until potatoes are brown and cooked through
4. Serve with remaining pesto on the side for dipping

VEGETABLES



Roasted Garlic

Makes 1 head of garlic / COOK TIME 25-30 minutes

1 head garlic
2 teaspoons olive or vegetable oil

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Slice the very top of the head of garlic off and drizzle with oil
2. Wrap in foil
3. Place in air fryer basket
4. Cook 25-30 minutes or until garlic is very soft and golden brown
5. Unwrap and let sit until cool enough to handle
6. To extract roasted garlic cloves, squeeze from the bottom of the clove up

Use in sauces, dressings, marinades, with vegetables or for garlic bread

VEGETABLES



Simple Roasted Carrots

Serves 4 / COOK TIME 15 minutes

8 medium size fresh carrots, peeled and sliced in half lengthwise
1 tablespoon olive oil
1 tablespoon fresh or 1 teaspoon dried herbs (thyme, dill, marjoram etc.)
½ teaspoon garlic or onion powder
½ teaspoon salt
¼ teaspoon black pepper

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a large bowl toss together all ingredients
2. Place carrots into air fryer basket keeping in a single layer
3. Cook 15 minutes shaking basket halfway through cooking until carrots are cooked through and nicely browned

SNACKS



Bacon Wrapped Dates

Makes 24 dates, 6 servings / COOK TIME 8-12 minutes

24 large pitted dates
24 pecans
8 slices bacon, cut into thirds
4 ounces Manchego cheese (or a good melting cheese like Cheddar), cut into 24 small rectangles
24 wooden toothpicks

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Carefully open date just enough to fill with 1 piece of cheese and 1 pecan, there should already be an opening where the pit was removed
2. Wrap each date with 1 piece of bacon
3. Secure with a toothpick
4. Place dates in air fryer basket
5. Cook 8-12 minutes or until bacon is cooked and a little crisp
6. Remove toothpicks before serving

SNACKS



BBQ Onion Rings

Serves 4 / COOK TIME 8-10 minutes

½ cup all-purpose flour
2 teaspoons BBQ seasoning
½ cup buttermilk, or whole milk
1 egg
1 cup panko breadcrumbs
1 large yellow sweet onion, sliced ½-inch thick and separated into rings
Ranch dressing for serving (optional)

Preheat Gourmia Air Fryer to AIR FRY 400°

1. In a shallow pan, combine flour with BBQ seasoning
2. In a separate pan, beat egg together with buttermilk
3. Put panko in another separate pan
4. Working in batches, dip onion rings into seasoned flour, then egg mixture and lastly into panko
5. Place as many onion rings as will fit in a single layer into air fryer basket
6. Cook in batches if necessary
7. Cook onion rings for 8-10 minutes until golden brown

Serve with ranch dressing if desired

SNACKS



Bacon Cheddar Jalapeño Poppers

Serves 4 / COOK TIME 5-8 minutes

10 jalapeños, cut in half lengthwise seeds removed
6 oz. cream cheese, softened
¼ cup shredded cheddar cheese
2 slices bacon, air fried and crumbled
1 green onion, chopped
½ teaspoon garlic powder
½ teaspoon hot sauce
¼ teaspoon smoked paprika (optional)

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Combine all ingredients except jalapeños in a bowl and mix well
2. Stuff each of the jalapeño halves with some of the cheese mixture
3. Place stuffed jalapeños in air fryer basket in a single layer, cooking in batches if necessary
4. Cook 5-8 minutes or until cheese is melted and jalapeños are slightly browned

SNACKS



Buttery Garlic Rolls

Makes 8-inch round pan
COOK TIME 20-30 minutes (plus additional 35-45 minutes rise time)

1 (16-ounce) pizza dough, store bought, or homemade
½ cup melted unsalted butter, divided
2 teaspoons garlic, minced
2 teaspoons fresh parsley, chopped
2 teaspoons Parmesan cheese

Preheat Gourmia Air Fryer to BAKE 375°

1. Lightly grease an 8-inch round metal baking pan
2. Divide dough into 8 equal pieces
3. Roll each piece into a ball and place smooth side up in prepared pan
4. Brush with half of the melted butter
5. Cover and let rise until double, 35-45 minutes
6. Uncover and bake for 15 minutes
7. Remove from air fryer, brush tops with remaining butter and sprinkle with garlic, parsley and Parmesan cheese
8. Return to air fryer and continue cooking until rolls are cooked through and tops are golden brown, approximately 5-10 minutes longer

SNACKS



Crab Chips

Serves 8 / COOK TIME 8-12 minutes

8 ounces imitation crab sticks carefully torn into long strips and dried well
1 tablespoon vegetable oil
1 tablespoon old bay seasoning

Preheat Gourmia Air Fryer to AIR FRY 375°

1. Put crab strips in a large bowl
2. Pour oil over crab and gently mix
3. Sprinkle seasoning over crab and toss to coat evenly
4. Spread crab out in a single layer in basket cooking in two batches if necessary
5. Cook 8-12 minutes or until crab strips are crisp

Cool completely before serving

SNACKS



Crab Rangoon

Makes approximately 36 Rangoon, 12 servings
COOK TIME 8- 10 minutes

8 ounces cream cheese or chive cream cheese, softened
1 green onion, finely chopped (omit if using chive cream cheese)
6 ounces crab meat or imitation crab sticks (if using sticks chop into ¼-inch pieces)
1 package wonton wrappers
Vegetable oil

Preheat Gourmia Air Fryer to AIR FRY 400°

1. Mix together cream cheese, green onion and crab meat
2. Dampen the outer edges of each wrapper with a little water
3. Place about 2 teaspoons of filling in the center of each wrapper
4. Fold in half into a triangle and gently press edges together to seal
5. Brush both sides of each triangle with oil and place in single layer in air fryer basket
6. Cook 8-10 minutes until golden brown and crispy

Repeat as necessary until all crab Rangoon are cooked

SNACKS



Sticky Red Curry Wings

Serves 2 / COOK TIME 20-25 minutes

2 pounds chicken wings, separated into drumettes and flats
¼ cup sweet and sour or duck sauce
2 teaspoons Thai red curry paste (usually sold in small cans)
1 teaspoon soy sauce
1 medium garlic clove, minced
1 green onion, sliced thin for garnish

Preheat Gourmia Air Fryer to AIR FRY 350°

1. In a large bowl mix together sweet and sour sauce, red curry paste, soy sauce and garlic
2. Add wings to bowl and mix until wings are evenly coated in sauce
3. Place wings in air fryer basket making sure to keep them in a single layer (cook wings in two batches if necessary)
4. Cook for 20-25 minutes or until wings are cooked through
5. Garnish with sliced green onions

DESSERT



Buttery Shortbread Cookies

Makes one 8-inch round pan / COOK TIME 20-30 minutes

1 cup unsalted butter, softened
½ cup sugar
½ teaspoon kosher salt
2 cups all-purpose flour

Preheat Gourmia Air Fryer to BAKE 325°

1. In the bowl of a stand mixer fitted with the paddle attachment, cream butter, salt and sugar until light and fluffy
2. Gradually beat in flour
3. Press dough into an ungreased metal baking pan
4. Prick dough all over with a fork
5. Bake in preheated air fryer for 20-30 minutes until light golden brown
6. Check halfway through baking and cover with foil if top is browning too quickly
7. Cut into bars or triangles while still warm

DESSERT



Polenta Olive Oil Cake

Makes one 8-inch round cake / COOK TIME 20-30 minutes

3 large eggs
¾ cup sugar
½ cup olive oil (use mild flavored for a subtle taste or extra virgin for a more assertive olive oil flavor)
½ cup whole milk
½ teaspoon vanilla extract
1 tablespoon grated lemon zest (approximately one medium lemon)
1 cup all-purpose flour
½ cup finely ground polenta (or cornmeal)
1½ teaspoons baking powder
½ teaspoon kosher salt
Powdered sugar, for dusting top of cake

Preheat Gourmia Air Fryer to BAKE 325°

1. Lightly grease an 8-inch metal baking pan
2. In the bowl of a stand mixer fitted with the paddle attachment, beat eggs and sugar on high for 30 seconds
3. Add oil in a slow, steady stream, beating until combined
4. Reduce mixer speed to low and add milk, vanilla and lemon zest, beating until combined
5. In a medium bowl, whisk together flour, polenta (or corn meal), baking powder, and salt
6. Gradually add flour mixture to egg mixture, beating until combined
7. Pour batter into prepared pan
8. Bake in preheated air fryer for 20-30 minutes or until center of cake is cooked through
9. Check cake halfway through baking and cover with foil if top is browning too quickly
10. Cool cake completely before dusting with powdered sugar

DESSERT



Raspberry Cheesecake Bars

Makes one 8-inch round cake / COOK TIME 20-30 minutes

1 cup graham cracker crumbs, plain or chocolate
½ cup plus 1 tablespoon sugar, divided
6 tablespoons unsalted butter, melted
1 teaspoon grated lemon zest
1 teaspoon lemon juice
2 packages (8 ounces each) cream cheese, softened
2 eggs
2 tablespoons seedless raspberry jam, stirred until no lumps remain

Preheat Gourmia Air Fryer to BAKE 325°

1. Line a metal 8-inch baking pan with foil, with ends of foil extending over sides
2. Combine graham cracker crumbs, 1 tablespoon of sugar and melted butter
3. Press onto bottom and a quarter of the way up the sides of pan
4. Mix cream cheese, lemon zest, lemon juice and remaining ½ cup of sugar in large bowl until combined
5. Add eggs and mix well
6. Pour over prepared crust
7. Spoon raspberry jam over filling and using the tip of a knife swirl over top of cheesecake
8. Bake 20 minutes or until center is set
9. Check cake halfway through baking and cover with foil if top is browning too quickly
10. Cool completely
11. Refrigerate at least 4 hours or preferably overnight
12. Use foil handles to remove cheesecake from pan before slicing into bars

AIR FRY COOKING CHART

	INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
	VEGETABLES					
	**Asparagus**	1 bunch	Whole, trimmed	2 tsp	400°F	7–10 minutes
	**Beets**	4 medium	Whole, skin on	None	350°F	45–60 minutes
	**Bell peppers** (to roast)	4 medium	Whole	None	400°F	20–25 minutes
	**Broccoli**	1 head	Cut in 1-inch florets	1 Tbsp	400°F	10–12 minutes
	**Brussels sprouts**	16 oz	Cut in half	1 Tbsp	400°F	15–20 minutes
	**Butternut squash**	1 small	Peeled, cut in 1-inch cubes	1 Tbsp	400°F	20–25 minutes
	**Carrots**	16 oz	Peeled, cut in ½-inch pieces	1 Tbsp	400°F	13–16 minutes
	**Cauliflower**	1 head	Cut in 1-inch florets	2 Tbsp	400°F	15–20 minutes
	**Corn on the cob**	4 ears	Whole ears, husks removed	1 Tbsp	400°F	12–15 minutes
	**Green beans**	16 oz	Trimmed	1 Tbsp	400°F	8–10 minutes
	**Kale** (to make chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	15–20 minutes
	**Mushrooms**	16 oz	Cut in half	1 Tbsp	400°F	8–10 minutes
	**Potatoes**, russet	16 oz 16 oz 16 oz 4 whole (medium)	Cut in 1-inch wedges Hand-cut fries, thin Hand-cut fries, thick Pierced with fork	1 Tbsp 1 Tbsp 1 Tbsp None	400°F 400°F 400°F 400°F	25–30 minutes 15–20 minutes 25–30 minutes 35–45 minutes
	**Potatoes**, sweet	16 oz 4 whole (medium)	Cut in 1-inch cubes Pierced with fork	1 Tbsp None	400°F 400°F	15–20 minutes 35–45 minutes
	**Zucchini**	2 medium	Cut in half lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	12–15 minutes
	**Eggplant**	1 medium	Cut in quarters lengthwise, then cut in 1-inch thick slices	1 Tbsp	400°F	15–18 minutes
	**Tofu**	16 oz	Cut in 1-inch cubes	1 Tbsp	375°F	15–18 minutes

	INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
	POULTRY					
	**Chicken breasts**	2 breasts (12 oz each) 2 breasts (8 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	20–30 minutes 15–20 minutes
	**Chicken thighs**	4 thighs (6 oz each) 4 thighs (10 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	25–35 minutes 18–25 minutes
	**Chicken wings**	16 oz	Drumettes & flats	1 Tbsp	400°F	20–25 minutes
	**Turkey breast**	4 cutlets (6 oz each)	Boneless	Brushed with oil	400°F	10–12 minutes
	FISH & SEAFOOD					
	**Crab cakes**	2 cakes (6 oz each)	None	Brushed with oil	375°F	10–12 minutes
	**Lobster tails**	4 tails (4 oz each)	Whole	None	375°F	5–8 minutes
	**Salmon fillets**	2 fillets (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	White fish fillets	2 fillets (6 oz each)	None	Brushed with oil	400°F	10–12 minutes
	**Swordfish**	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	**Tuna**	2 steaks (6 oz each, 1-inch thick)	None	Brushed with oil	400°F	12–15 minutes
	**Shrimp**	16 oz	Whole, peeled	1 Tbsp	375°F	7–10 minutes
	BEEF					
	**Burgers**	4 (4 oz each)	1-inch thick	None	400°F	8–10 minutes
	**Meatballs**	12 (2-inches thick)	2-inches thick	None	400°F	10–15 minutes
	**Steak**	2 steaks (8 oz each, 1-inch thick) 2 steaks (8 oz each, 1-inch thick)	Bone-in Boneless	None None	400°F 400°F	15–20 minutes 10–15 minutes

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMPERATURE	COOK TIME
PORK & LAMB					
 **Bacon**	6 strips	None	None	375°F	8–10 minutes
 **Lamb chops**	2 thick-cut, sirloin chops (6 oz each) 4 rib chops (4 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	20–25 minutes 15–20 minutes
 **Pork chops**	2 thick-cut, bone-in chops (8 oz each) 4 boneless chops (6 oz each)	Bone-in Boneless	Brushed with oil Brushed with oil	375°F 400°F	20–25 minutes 15–20 minutes
 **Pork tenderloin**	1 tenderloin (16 oz)	Cut in half	Brushed with oil	400°F	20–25 minutes
 **Sausages**	4 sausages	Whole	None	375°F	8–10 minutes
FROZEN FOODS					
 **Chicken tenders**	16 oz	None	None	400°F	15–20 minutes
 **Chicken nuggets**	16 oz	None	None	400°F	10–12 minutes
Fish fillets	4 (6 oz each, unbreaded)	None	Brushed with oil	400°F	12–18 minutes
 **Fish sticks**	16 oz	None	None	400°F	10–12 minutes
 **French fries**	16 oz	None	None	400°F	20–25 minutes
 **Egg rolls**	16 oz	None	None	400°F	15–18 minutes
 **Mozzarella sticks**	16 oz	None	None	400°F	8–10 minutes
 **Dumplings**	16 oz	None	None	375°F	12–15 minutes
 **Pizza**	Personal size	None	None	375°F	10–12 minutes
 **Pizza rolls**	16 oz	None	None	400°F	12–15 minutes
 **Shrimp**	16 oz (breaded)	None	None	400°F	12–15 minutes
 **Tater tots**	16 oz	None	None	400°F	15–18 minutes
 **Onion rings**	16 oz	None	None	400°F	10–12 minutes
 **Frozen vegetables**	16 oz	None	1 Tbsp	400°F	10–15 minutes

*For best results flip or shake food half way through cooking

INGREDIENT	PREPARATION	TEMPERATURE	DEHYDRATE TIME
FRUITS & VEGETABLES			
 **Apples**	Core removed, cut in ⅛-inch slices	135°F	7–8 hours
 **Apricot**	Cut in ⅛-inch slices, pit removed	135°F	8–10 hours
 **Bananas**	Peeled, cut in ⅛-inch slices	135°F	8–10 hours
 **Beets**	Peeled, cut in ⅛-inch slices	135°F	6–8 hours
 **Fresh herbs**	Rinsed, patted dry, stems removed	135°F	4 hours
 **Ginger root**	Cut in ⅛-inch slices	135°F	6 hours
 **Mangoes**	Peeled, cut in ⅛-inch slices, pit removed	135°F	8–10 hours
 **Mushrooms**	Cut in ¼-inch slices (wiped clean with a paper towel)	135°F	6–8 hours
 **Pineapple**	Peeled, cored, cut in ⅛-inch slices	135°F	8–10 hours
 **Strawberries**	Cut in half or in ⅛-inch slices	135°F	8–10 hours
 **Tomatoes**	Cut in ⅛-inch slices	135°F	6–8 hours
 **Tomatoes**, cherry	Cut in half	135°F	8–10 hours
MEAT, POULTRY & FISH			
 **Beef**	Cut in ¼-inch slices, marinated overnight	150°F	8–10 hours
 **Chicken**	Cut in ¼-inch slices, marinated overnight	150°F	8–10 hours
 **Turkey**	Cut in ¼-inch slices, marinated overnight	150°F	8–10 hours
 **Salmon**	Cut in ¼-inch slices, marinated overnight	150°F	5–7 hours


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