



**Kogan 6.5L Self Stirring Digital Air Fryer  
KA6LDGAFRYA  
Recipe Book**

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## Baked Potatoes

### Ingredients:

- 1 or 2 large Idaho Potatoes
- Aluminum Foil

### Recipe:

1. Wash potatoes.
2. Wrap potatoes in foil.
3. Place potatoes in air fryer basket.
4. Place basket in air fryer and cook at 200°C for 50 minutes.

## Bread Pudding

### Ingredients:

- 9-12 Dried Cubed French Bread
- 3 cups Whole Milk
- 8 TB Butter (1 Stick)
- 3 Large Eggs
- 3 Large Egg Yolks
- 2 cups Granulated Sugar
- 2 TB Vanilla
- 2 tsp Cinnamon
- 1 Qt Pyrex Bowl
- Cointreau Sauce

### Recipe:

1. Put milk and butter in a microwave safe bowl and heat in microwave or on stove. Until butter melts.
2. Whisk eggs in a large mixing bowl.
3. Add sugar, vanilla and cinnamon to eggs and whisk together.
4. Add cooled milk and butter mixture to eggs slowly while whisking together until sugar dissolves.
5. Add dried bread to Pyrex bowl until full.
6. Add custard mix to bread until bread is thoroughly soaked.
7. Push bread mix down and add additional bread as necessary until bowl is nearly full (add additional custard mix to bread if necessary).
8. Let bread soak in custard mix for 10 minutes.
9. Place Pyrex in air fryer basket.
10. Place basket in air fryer and cook at 130°C for 60 minutes.
11. Allow bread pudding to cool the top wit begin to sink).
12. Serve with Cointreau sauce.

## Brussel Sprouts with Chili

### Ingredients:

- 50g Brussel Sprouts
- 1 TB Chili Paste
- 3 TB Salted Butter
- Salt Aluminum Foil

### Recipe:

1. Rinse brussel sprouts.
2. If using small sprouts, cut in half; for larger sprouts (approximately 1½" across) cut into quarters.
3. Apply chili paste to the cut sides of brussel sprouts.
4. Place brussel sprouts into aluminum foil.
5. Chop butter and place on top of brussel sprouts.
6. Close aluminum foil around the brussel sprouts creating a closed packet.
7. Place foil packet in air fryer basket.
8. Place basket in air fryer and cook at 150°C for 25 minutes.
9. Salt to taste.

## Cheesy Breakfast Egg Toast

### Ingredients:

- 1 Slice of Brea
- 1 Large Egg
- Shredded Cheese to Taste
- Salt & Pepper to Taste
- Butter

### Recipe:

1. Using a spoon, flatten out the center of your piece of bread.
2. Butter your bread.
3. Crack egg into flattened section of bread.
4. Salt and Pepper to taste.
5. Sprinkle shredded cheese around the egg on bread and egg white.
6. Carefully place egg bread in air fryer basket.
7. Place basket in air fryer and cook at 180°C for 10 minutes for over easy or 11 minutes for well done.

## Cointreau Sauce for Bread Pudding

### Ingredients:

- ½ cup Butter
- 1 cup Sugar
- 1 Large Egg
- ¼ cup Cointreau

### Recipe:

1. Add butter, sugar and egg to a sauce pan.
2. Heat over low heat stirring constantly until the mixture thickens enough to coat the back of a spoon - do not allow to simmer.
3. Whisk in Cointreau slowly to taste.
4. Allow to cool slightly and serve over bread pudding.

## Chicken Tenders

### Ingredients:

- 450g Chicken Breast Tenderloins
- 1 TB Italian Seasoning
- 1 tsp Garlic Powder
- ¼ tsp Salt
- ½ cup Finely Shredded Parmesan Cheese
- 1 cup Panko or Regular Breadcrumbs
- ¼ cup All Purpose Flour
- 2 Large Eggs (or substitute condensed cream of chaise soup)

### Recipe:

1. Place flour in a shallow dish.
2. Combine Parmesan, breadcrumbs, garlic powder, salt and Italian seasoning in a shallow dish.
3. Beat eggs or pour soup into shallow dish.
4. Coat tender in flour, shaking off any excess.
5. Dip each tender in egg wash/soup; allow any excess to drip off.
6. Roll tenders in breadcrumb mix.
7. Place tenders in air fryer, ensuring that there is only a single layer with space between each tender (approximately 5 vial fit depending on size).
8. Cook at 150°C for 30 minutes.
9. Remove chicken tenders from basket and serve with a dipping sauce of your choice.

## Chicken Drumsticks

### Ingredients:

- 5 Drumsticks
- Teriyaki Sauce or Marinade of Choice
- Gallon Ziplock Bag

### Recipe:

1. Rinse drumsticks
2. Place drumsticks and teriyaki sauce (or other marinade) in a gallon ziplock bag and let sit for 30 minutes.
3. Place drumsticks in air fryer basket.
4. Place basket in air fryer and cook at 150°C for 33 - 35 minutes, checking after 33 minutes for doneness.

## Chicken Wings

### Ingredients:

- ½ cup Flour
- ¼ cup Cornstarch
- ½ tsp Baking Powder
- ½ tsp Baking Soda
- ½ tsp Salt
- Water
- Chicken Wings
- Aluminum Foil
- Sauce to Dip or Coat Chicken Wings in

### Recipe:

1. Combine dry ingredients in a bowl large enough to fit a chicken wing.
2. Add water slowly to dry ingredients while mixing, until it reaches a pancake batter consistency (thinner batter will make the breading crispier).
3. Place chicken wings in batter until coated.
4. Line air fryer basket with aluminium foil and put chicken wings in, ensuring that they are no more than 1 layer thick.
5. Cook at 180°C for 26 minutes.
6. Cook at 200°C for an additional 3 minutes.
7. Toss cooked chicken wings in your favourite sauce and enjoy.
8. Repeat steps 3.7 until all chicken wings are cooked.

## French Fries

### Ingredients:

- 500g Idaho Potatoes
- Salt Water Brine
- 1 TB Olive Oil
- Salt or Seasoning (Cajun Seasoning Blend or Rosemary Leaves)

### Recipe:

1. Mix approximately 2 cups of cold water with 2 TB of salt until water is cloudy.
2. Cut potatoes into ½" squared slices.
3. Place sliced potatoes into salt brine.
4. Soak in brine for 30 min.
5. Pat dry before placing in a mixing bowl.
6. Toss with olive oil until lightly coated.
7. Sprinkle seasoning on top of potatoes (If salting only, wait until the end as the brine salts the potatoes quite a bit and you may not need any extra).
8. Place potatoes in air fryer basket no more than two layers thick.
9. Cook at 180°C for 12 minutes.
10. Stir fries to ensure that they cook evenly.
11. Cook at 180°C for 12 more minutes.
12. Salt to taste.
13. Repeat steps 8-12 until all fries are cooked.

## Ground Sirloin Burger

### Ingredients:

- 250g Ground Sirloin
- ½ tsp Salt
- ½ sp Pepper
- ½ tsp Chili Powder
- ½ tsp Garlic

### Recipe:

1. In a bowl, combine ground sirloin with salt, pepper, chili powder and garlic and mix thoroughly.
2. Make a 4" burger patty (approximately 7/8" thick).
3. Place patty in air fryer basket.
4. Place basket in air fryer and cook at 180°C.
5. For a medium rare burger, cook for 15 minutes.
6. For a well done burger, cook for 18 minutes.

Note: USDA Guideline. Recommend ground burger meat be cooked to an internal temperature of 70°C (well done) for optimal safety.

## Green Bean Fries

### Ingredients:

- ¼ Corn Starch
- 450g Fresh or Frozen Green Beans
- ¼ cup Panko Bread Crumbs
- ¼ tsp Garlic Powder
- ¼ tsp Onion Powder

### Recipe:

1. If using fresh green beans, wash and trim.
2. Put corn starch in a shallow dish.
3. Combine panko, garlic powder, onion powder, paprika, salt and pepper in a shallow dish.
4. Beat eggs or pour soup into shallow dish.
5. Coat green beans in corn starch, shaking off any excess.
6. Dip Green Beans in egg wash or soup and allow excess to drip off.
7. Toss green beans in breadcrumb mix.
8. Place breaded green beans in air fryer basket ensuring there is only a single layer.
9. Cook at 190°C for 7 minutes.
10. Remove basket and flip green beans.
11. Cook at 190°C for 4 minutes longer if fresh and 6 minutes longer if frozen.
12. Serve with your choice of dipping sauce.

## Hard and Soft Boiled Eggs

### Ingredients:

- Large Eggs (straight from refrigerator)

### Recipe:

1. Place eggs in air fryer basket.
2. Place basket in air fryer - for soft boiled eggs, cook at 120°C for 17 minutes.
3. For hard boiled eggs, cook at 150°C for 10 minutes.

## Lime Chili Pork Chops

### Ingredients:

- 2 Medium Pork Chops (Approximately ¾" Thick)
- ¼ cup Lime Juice
- ½ tsp Chili Powder
- 1 tsp Salt
- 1 tsp Pepper
- Ziplock Bag

### Recipe:

1. Mix lime juice, chili powder, salt and pepper in a ziplock bag.
2. Place pork chops in sealed ziplock bag with marinade and let sit for at least 30 minutes.
3. Place marinated pork chops in air fryer basket ensuring that they are only one layer thick.
4. Place basket in air fryer and cook at 150°C for 15 - 20 minutes or until internal temperature reaches 60°C.

## Lemon Mahi Mahi

### Ingredients:

- 500g Mahi Mahi
- 2 TB Butter
- 2 ¼" Slices of Lemon
- Salt
- Aluminum Foil

### Recipe:

1. Create a shallow dish out of aluminium foil.
2. Rinse mahi mahi.
3. Place mahi mahi in aluminium dish.
4. Place butter on top of mahi mahi.
5. Place slices on top of mahi mahi.
6. Place dish with mahi mahi in air fryer basket.
7. Place basket in air fryer and cook at 180°C for 14 minutes.
8. Salt to taste and serve.

## Roasted Kale Chips

### Ingredients:

- ½ Bunch of Young Kale Leaves
- BBQ Rub or Seasoning of Choice
- Salt
- Olive Oil

### Recipe:

1. Rinse kale.
2. Cut kale into approximately 2" pieces.
3. Rub kale with BBQ rub or seasoning of choice.
4. Toss seasoned kale with just enough oil to coat the leaves lightly.
5. Lightly salt kale to taste.
6. Place seasoned kale in air fryer basket.
7. Place basket in air fryer and cook at 180°C for 5 minutes.
8. Remove the basket and flip the kale ensuring that no pieces are sticking to the basket.
9. Replace the basket in the air fryer and cook at 180°C for 5 minutes.
10. Add salt to taste.

## Roasted Cauliflower & Broccoli

### Ingredients:

- ½ Head of Cauliflower
- ½ Head of Broccoli
- Salt
- Olive Oil

### Recipe:

1. Rinse broccoli and cauliflower.
2. Break heads of broccoli and cauliflower into florets.
3. Toss florets in olive oil to coat.
4. Salt florets to taste.
5. Place florets in air fryer basket.
6. Place basket in air fryer and cook at 200°C for 8 minutes.

Note: Tastes great with Balsamic vinegar too.

## Sweet Potato Fries

### Ingredients:

- 500g Sweet Potatoes
- 2 TB Olive Oil
- 2 Cups Cold Water
- Salt or Seasoning Blend

### Recipe:

1. Cut potatoes into ½" squared slices.
2. Place sliced potatoes into cold water.
3. Soak in cold water for 30 minutes.
4. Remove potatoes from water and pat dry before placing in a large mixing bowl.
5. Toss potatoes with olive oil until lightly coated.
6. Sprinkle salt or seasoning blend on top of potatoes and stir to mix.
7. Place seasoned potatoes in air fryer basket ensuring that they are no more than two layers thick.
8. Place basket in air fryer and cook at 180°C for 12 minutes.
9. Stir fries to ensure that they cook evenly.
10. Cook at 180°C for 12 more minutes.
11. Repeat steps 7-10 until all fries are cooked.

Note: For crispier fries, cook at 200°C for 10 minutes oath time

## Steak for Fajitas or Tacos

### Ingredients:

- 500g Sirloin Steak
- Taco Seasoning

### Recipe:

1. Cut steak into 2" strips ¼" thick.
2. Place steak in bowl and coat with taco seasoning, mixing well.
3. Place steak in air fryer basket ensuring it is no more than one layer deep.
4. Place basket in air fryer and cook at 150°C for 3 minutes.
5. Remove basket and stir steak.
6. Place basket in air fryer and cook at 150°C for 3 more minutes.

## Teriyaki Salmon

### Ingredients:

- Salmon
- ¼ cup Soy Sauce
- ½ cup Packed Brown Sugar
- 6 TB Rice Wine Vinegar
- 2 Cloves Garlic Crushed
- 1 tsp Grated Ginger
- Aluminum Foil

### Recipe:

1. Combine soy sauce, brown sugar, red wine vinegar, garlic and ginger in a pan.
2. Heat teriyaki sauce until sugar dissolves.
3. Soak salmon in teriyaki sauce for a minimum of 20 minutes to overnight.
4. Make a shallow dish out of aluminium foil.
5. Place marinated salmon in aluminium.
6. Place dish with salmon in air fryer basket.
7. Place basket in air fryer and cook at 180°C for 7 minutes.
8. Remove basket from air fryer and add additional marinade to top of salmon.
9. Place basket in air fryer and cook at 180°C for 7 additional minutes.

## Tuna Steak

### Ingredients:

- 400g Tuna Steak
- Salt
- Lemon Pepper
- Olive Oil
- Soy Sauce
- Aluminum Foil

### Recipe:

1. Create a shallow dish from aluminium foil.
2. Rinse tuna steak.
3. Rub tuna steak with lemon pepper and salt.
4. Place tuna in aluminium foil dish and sprinkle with olive oil.
5. Place dish with tuna into air fryer basket.
6. Place basket into air fryer and cook at 180°C for 7 minutes (rare) or 8 minutes (medium) (Tuna should be rare in the centre).
7. Serve with soy sauce.

# Whole Cornish Hen

## Ingredients:

- 1 Cornish Hen
- 4 TB Butter
- Salt
- Pepper

## Recipe:

1. Rinse Cornish hen.
2. Place butter under skin.
3. Sprinkle salt and pepper on Cornish hen.
4. Place Cornish hen in air fryer basket.
5. Put basket in air fryer and cook at 180°C for 30-35 minutes or until internal temperature reaches 80°C.

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