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Roast Vegetables

Ingredients:
Vegetables of your choice
Ground black pepper
Garlic and salt
2-3 tbsp of cooking oil

Instructions:
1. Peel and clean vegetables.
2. Cut into similar size pieces.
3. Pat dry and place in a large pot with 2 or 3 tbsp of vegetable oil add garlic, salt and pepper.
4. Place lid on pot, shake and rotate vigorously.
5. Place vegetables on frying pan in Air Oven leaving space for air to circulate particularly around the perimeter.
6. Set Air Oven to 250°C and bake for approximately 30-45 minutes.
7. The cooking time will vary depending on the size of individual pieces and the total weight in the oven.
8. Vegetables can be roasting while meat is cooking by placing around the meat and/or by utilising the frying pan or perforated baking dish.
Jacketed Potatoes in Foil

Ingredients:
Medium size washed potatoes (1 per person)
Ground Black Pepper
Soft Butter
Garlic Salt
Sour cream
Chive
Grated Cheese
Cooked Bacon bits

Instructions:
1. Make sure potatoes are clean. Remove any eyes, bruises, faults etc.
2. Dry with paper towel.
3. Rub a little softened butter onto potatoes.
4. Place on foil paper. Sprinkle with a little garlic, salt and freshly ground black pepper.
5. Wrap up in foil paper.
6. Place potatoes on frying basket in the air oven and cook 40 minutes at 200°C
7. Check with a fork to see that they are cooked through
8. Serve with sour cream, chive, grated cheese and cooked bacon pieces.

*For a variation, mix a little Soy Sauce into the butter before rubbing into the potatoes omitting the garlic salt.
Honey Chicken Wings

Ingredients:
0.7kg chicken wings
2 Tablespoons of honey
3 Tablespoons of tomato puree
1 tablespoons of chopped ginger

Marinade:
2 tablespoon of lemon juice
3 tablespoons of soy sauce

Instructions:
1. Trim excess fat from chicken wings and remove tips.
2. Pat wings dry and place in a bowl.
3. Combine lemon juice, soy sauce and ginger.
4. Pour over chicken wings, turn and let stand for 3 to 4 hours while turning occasionally.
5. Mix honey, tomato puree and a tbsp of marinade.
6. Remove chicken wings and place on fish roaster in Air Oven Roast for 10 minutes at 230°C.
7. Check process. Turn or move wings as necessary.
8. Cook for a further 8 to 10 min until golden brown.
9. Remove wings and roll in honey/tomato mixture.
Roast Chicken

**Ingredients:**
1. chicken, chicken wings or drumsticks
2. small onion
3. tbsp of butter
4. tablespoon sesame oil
5. 1/2 cup of mushrooms
6. tbsp grated lemon rind
7. 1/4 tbsp dried marjoram
8. Garlic, salt, pepper
9. egg
10. 1/2 cup of soft breadcrumbs
11. tbsp of chopped parsley
12. pinch of nutmeg

**Instructions:**
1. Clean inside of the chicken and remove excess fat.
2. Peel and chop onion. Lightly fry in butter until soft.
3. Add mushrooms and fry for another minute. Mix in crumbs, salt, pepper, parsley, lemon rind, marjoram, nutmeg and beaten egg to create stuffing.
4. Put stuffing into chicken and close the opening. Sprinkle salt and pepper over chicken and rub into skin.
5. Place chicken on rotisserie in the Air Oven. Bake at 160°C for 50 minutes (approx) until chicken is tender and golden brown all over.

**Gravy**
1. Take scraps and juice plus a little fat from your bowl. Add 1 tablespoon of flour and stir over heat until brown.
2. Slowly add 1 1/2 cups of stock made from chicken stock cube and mushroom stalks. Cook gravy, stirring continuously, until boiling. Add salt and pepper to taste.
Lemon and Orange Drizzle Cake

Ingredients:
1 orange
1 lemon
175g/6 oz self-raising flour
1 tbsp baking powder
2 medium eggs
60g/2 ¼ oz ground almonds
125g/4 ½ oz golden caster sugar
125g/4 ½ oz soft butter
100g/3 ½ oz icing sugar

*You will need a greased and base-lined 18cm/7 inch deep cake tin (square or round) which fits in your oven.

Instructions:
1. Place the low rack inside the oven and lower the lid.
2. Preheat the oven to 180°C.
3. Finely grate the rind from half the orange and half the lemon, cut both in half and squeeze the juice from the whole fruits (you will need about 6 tablespoons).
4. Mix the juices together in a small basin.
5. Sift the flour and baking powder into a large bowl. Break the eggs into the flour and add the ground almonds, sugar, butter, orange and lemon rinds and 3 tablespoons fruit juice.
6. With a wooden spoon or mixer, lightly beat the ingredients together until thoroughly mixed, light and fluffy. Spoon into the prepared tin and level the surface.
7. Put into the hot oven and cook for 20-25 minutes until risen, firm to the touch and cooked through.
8. Whilst the cake is cooking, make the drizzle mixture. Sieve the icing sugar into a bowl, pour in the remaining 3 tablespoons fruit juices and mix to a smooth paste.
9. Turn the cake onto a wire rack and whilst still hot use a fine skewer to make several holes in the top of the cake. Spoon the drizzle mixture over the top of the cake and leave to cool.
Spicy Vegetarian Kebabs

Ingredients:
3 tbsp tikka paste
500g/18 oz tub yoghurt
2 tbsp cumin seeds
thumb-size piece fresh root ginger, finely grated
250g/9 oz small new potatoes
300g/11 oz paneer cheese, cut into chunks
3 red onions, wedges
2 red peppers, cut into chunks
5 tbsp mango chutney
small pack mint leaves, leaves picked
250g/9 oz bag salad leaves
12 chapattis

Instructions:
1. Soak 12 wooden skewers in water for 30 mins (stop them burning).
2. Mix the tikka paste, half of the yogurt, the cumin, ginger and seasoning together.
3. Boil the potatoes in a pan of salted water for 7 mins, then drain well and dip into the tikka mixture and cheese,
4. Mix into the marinade, and chill for at least a couple of hours.
5. Next, alternately thread the marinated potatoes and cheese onto the skewers with the onions and peppers, then cover on a tray until you are ready to cook.
6. Grill the Kebabs at 200°C on the rack in your Air Oven for 8-10 mins, turning, until the veg are charred and softened.
7. Times may vary given the Air Oven and size of veg, so grill for 5-10 min more if you find the kebabs are not yet cooked through.
8. With a few minutes to go, add the chapattis to warm through.
Serve the kebabs with the minty salad, cooling mango yoghurt and chapattis.
Vegetable Chilli

Serves 2  |  Preparation Time 15 minutes  |  Cooking Time 30 minutes  |  Temp Settings 200°C

Ingredients:
1 onion chopped finely
Mushrooms (however many you like) chopped
2 carrots chopped
2 green chillies with seeds removed chopped
1 red chilli with seeds removed chopped
1 tbsp of cumin
1 tbsp of paprika
half a tablespoon of cinnamon
2 garlic cloves crushed
1 can of tinned tomatoes
3 tbsp of tomato puree
1 can of red kidney beans
some olive oil
2 tbsp of vinegar
1 tbsp of granulated sweetener

Instructions:
1. Chop the veg and lightly fry the onion, garlic, mushrooms and whatever other veg you would like to put in.
2. After, add the tomato puree, stir for one minute and then add the tomatoes.
3. Pour this mixture into an oven dish and add the carrot and spices.
4. Cook in the Air Oven for about 20 minutes at 200°C on the low rack, then add the kidney beans, vinegar and sweetener.
5. Reduce the heat to 180°C and cook for a further 10 minutes on the low rack. Check the carrots at this point to see whether they are tender and if not cook for further 5 minutes.
6. Serve with rice and salad.
Stuffed Breast of Veal

Serves 4  Preparation Time 20 minutes  Cooking Time 60 minutes  Temp Settings 160°C

Ingredients:
1.5kg breast, boned with pocket cut
2 tbsp butter
Garlic, salt and pepper

Stuffing:
1 tbsp butter
1 tbsp of lemon juice
1 tbsp grated lemon rind
1 tsp grated lemon rind
1 Cup of diced mushroom
1/2 cup of finely chopped onions
2 Cups of fresh white breadcrumbs
Cream

Instructions:
1. Preheat frying pan.
2. Melt 1 tablespoon of butter in the pan and fry onion until soft.
3. Add lemon rind and juice, garlic and mushrooms. Fry together for 3-4 minutes.
4. Set aside in large bowl.
5. Add breadcrumbs, garlic, salt and pepper to fried vegetables.
6. Bind together with egg and enough cream to form a firm consistency.
7. Place stuffing into veal pocket and spread evenly then reseal the cavity.
8. Brush veal with soft butter and place on the frying pan in the Air Fryer.
9. Preheat to 160°C and cook for 20 minutes.
10. Turn, brush again and cook for approximately 40 minutes with potatoes until ready. Serve with peas. Pour juices from bowl over carved meat.