

**GASTROBACK®**

# Air fried

the big  
Airfryer cookbook

Discover sweet, savory & snack recipes, simple & delicious – freshly prepared with the airfryer.



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The air fryer with a generous 8-liter cooking chamber is ideal for larger portions and foods that can be cooked whole or prepared in one piece.

Whether family meals or guests – the large volume allows comfortable cooking in one go.

## Multi hot air fryer Heat & Crisp Family 8 L

42585



The air fryer with two separate 4.5-liter chambers offers maximum flexibility for everyday cooking in everyday life.

Different foods can be cooked in parallel and served at the same time – practical for families and versatile meals.

## Multi hot air fryer Duo Family 9 L

42586



D e s s e r t s

## TIPS

Instead of dark chocolate, milk chocolate can also be used, but dark chocolate has a more refined and intense flavor.

The dough can easily be prepared 1 day in advance and stored in the refrigerator.

The baked chocolate lava cakes can be wrapped in cling film, stored in an airtight container, and frozen. Before serving, let them thaw overnight in the refrigerator and warm briefly. Not too long, otherwise the core will become firm.

## INGREDIENTS:

**100g** dark chocolate  
**65g** unsalted butter  
**3** eggs  
**65g** brown sugar  
**45g** wheat flour  
**1** pinch of salt  
some butter  
**20g** cocoa powder  
**4** ramekins (soufflé molds Ø 8.5 cm,  
4.5 cm high, 150ml capacity)



180°C



42585 8L: approx. 10 min

42586 9L: approx. 12 min



4 Little cake

## PREPARATION

Melt the chocolate and butter over a water bath or in the microwave until they are completely melted, and stir them. This step is crucial to achieve a smooth, homogeneous mixture and a perfect texture for the cupcakes.

In a separate bowl, please beat the eggs with the sugar until a soft and airy mixture has formed.

While stirring constantly, slowly pour the chocolate-butter mixture over the egg-sugar mixture. No lumps should form. Add the flour and a pinch of salt and gently combine everything into a smooth, lump-free batter.

Grease the individual molds with butter and fill them up to 3/4 (approx. 120ml). Place the molds in the refrigerator for about 30 minutes to allow the dough to firm up.

After the cooling time, preheat the air fryer to 180°C for 3 minutes and place the molds inside. Set and start the air fryer at 180°C for 10 minutes (8 L device), or approx. 12 minutes (9 L device).

Using heat-resistant gloves, carefully remove the molds from the air fryer and let them rest for 5 minutes before turning the cupcakes out (carefully loosen from the edge with a knife) and arranging them individually on plates.

Before serving, sprinkle the chocolate lava cupcakes with cocoa powder.

Decorate with fruits such as raspberries and, if desired, with whipped cream. Enjoy immediately, while still warm.

## Delicately melting chocolate lava cakes with a liquid core

# Heavenly golden-creamy cheesecake

## PREPARATION WITH 42585

### INGREDIENTS (42585 8L):

#### For the filling:

- 560g** soft cream cheese (Philadelphia or creamy alternative – room temperature!)
- 140g** low-fat quark
- 280ml** whipping cream (at least 35% fat for extra silkiness)
- 4** eggs (size L, fresh, room temperature)
- 42g** sugar (fine, or part brown for a caramel note)
- 210g** cornstarch (sifted for smoothness)
- 1 tsp** vanilla extract
- 1 Pinch** salt (enhances the flavor)
- 1 tspn** Optional: lemon juice and some freshly grated tonka bean

#### For the crust:

- 210g** oat cookies
- 105g** butter

Baking pan approx. Ø 20 cm, 8.5 cm high, alternatively Ø 15 cm (adjust quantities accordingly) baking paper (slightly moistened for better adhesion)

#### aluminum foil (for covering)

For the base, finely grind the cookies in a food processor (alternatively, put them in a freezer bag, seal it securely, and crush evenly with a rolling pin). Line the baking pan with parchment paper.

Melt the butter in a small saucepan over low heat without browning it, add the cookie crumbs, and mix everything well. Spread the mixture evenly in the pan and press down firmly. Chill for 30 minutes.

Put cream cheese, quark, cream, sugar, vanilla extract, and salt into a mixing bowl and mix well with a whisk or hand mixer. The finished mixture should be homogeneous but not frothy. For better binding, stir in the eggs one at a time. Then gradually add the sifted cornstarch and mix well. Optionally, refine with lemon juice and grated tonka bean. The mixture should be thick like pudding.

After 30 minutes, take the baking pan out of the refrigerator and pour the mixture in. Carefully tap it a few times on the work surface to avoid air bubbles. Cover with aluminum foil and wrap it tightly around the pan so that it holds firmly on the pan while baking. Place the baking pan in the middle of the fryer basket.

Set the air fryer to 170°C for 45 minutes and start. Remove the foil and continue baking at 190°C for 6 minutes until the surface is

golden brown. A slight wobble in the middle is perfect; the cheesecake will firm up as it cools. After baking, let it rest for 15 minutes in the turned-off appliance so that it does not sink.

Remove from the air fryer with heat-resistant gloves and let cool completely on a wire rack. Then refrigerate for at least 6 hours (preferably overnight) so that the full creaminess can develop.

Carefully release from the mold – the caramelized crust breaks easily, first carefully loosen from the edge with a knife.

## PREPARATION WITH 42586

Put about 26g of cookie crumbs into each mold, spread evenly, and press down firmly. Spread the cream evenly on top. Place 4 molds into each fryer basket. Set the air fryer to 175 °C for 25 minutes, press the Match button, and start. Covering with aluminum foil is not necessary here.

After baking, let the mini cheesecakes rest in the air fryer for about 10 minutes. The cheesecakes can be carefully removed from the molds. To do this, gently run a knife around the edge, invert into your hand, and arrange on plates. Alternatively, serve in the molds.

### INGREDIENTS (42586 9L):

#### For the masses:

- 365g** soft cream cheese (Philadelphia or creamy alternative – room temperature!)
- 90g** low-fat quark
- 180ml** whipping cream (at least 35% fat for extra silkiness)
- 3** eggs (size M, fresh, room temperature)
- 27g** cornstarch (sifted for smoothness)
- 140g** sugar (fine, or part brown for caramel note)
- ½ Tbs** vanilla extract
- 1 Pinch** salt (enhances the flavor)
- ½ tbsp** optional: lemon juice and a little freshly grated tonka bean

#### For the base:

- 140g** oat cookies
- 70g** butter
- 8** Ramekins (soufflé molds Ø 8.5 cm, 4.5 cm high, 150ml capacity)



42585 8L: 170°C / 190°C  
42586 9L: 175°C



42585 8L: approx. 51 min  
42586 9L: approx. 25 min



42585 8L: 8-10  
42586 9L: 8 little cake

### TIPS

Serve dusted with powdered sugar and decorated with fresh berries. Topped with caramel or strawberry sauce and whipped cream is also a treat.

For a lighter version, partially replace cream with yogurt.

For a vegan version, use plant-based cream cheese, vegan whipped cream, and aquafaba instead of eggs.

Can be frozen in pieces – wrap individually in cling film and place in an airtight container. Keeps for 1 month.



## Quick Nutella French Toast Rolls – wonderfully creamy & crispy

### INGREDIENTS:

- 6** Slices of soft XL toast bread
- 120g** Nutella at room temperature (or another chocolate-hazelnut spread)
- 1** Organic egg size M (room temperature for good binding)
- 30ml** Milk (room temperature)
- ¼ tsp** Vanilla extract
- 1 tbsp** Sugar (alternatively honey)
- ¼ tsp** Ground cinnamon optional
- Powdered sugar or maple syrup for sprinkling



42585 8L: 170°C  
42586 9L: 180°C



42585 8L: approx. 8 min  
42586 9L: approx. 9 min



6 Rolls

### IDEAS FOR VARIATIONS

Exceptionally delicious: With almond, pistachio cream or applesauce instead of Nutella.

Vegan version: Plant-based milk, egg substitute, and vegan chocolate cream.

Savory-sweet: Peanut butter and banana.

Savory: Season egg-milk mixture with salt and pepper, omit vanilla and sugar. Use 180g of Gouda in slices as filling (30g per toast).

Raw rolls can be frozen. Accordingly, extend the baking time by approx. 2 minutes.

### PREPARATION

Please remove the crust from the toast bread. Using a rolling pin, roll each slice as thinly as possible until it is almost transparent. Leave a 5 mm margin at the bottom and spread 1 tsp (20 g) of Nutella on it. Gently fold the ends on the left and right lengthwise so that nothing spills out. Then roll it up tightly.

Tip: Lightly moisten the bread with milk if it tears. For extra crispiness, roll in sugar before dipping.

In a shallow bowl, whisk together eggs, milk, vanilla extract, cinnamon, and sugar. The mixture should be smooth and frothy. Do not whisk too long, so it does not become too airy. The cinnamon gives the typical French toast aroma.

Briefly dip each roll in the egg mixture, let it drain briefly, and place in a single layer evenly spread on the non-stick grid in the basket.

Set the air fryer to 170°C and 8 minutes (8 L device) or 180°C and 9 minutes (9 L device) and start. Turning is not necessary. The surface will become crispy, and the Nutella inside will be hot and liquid.

If they become too dark, reduce the baking time.

Remove the rolls and let them cool for at least 1 minute. The filling is very hot, so please be careful when biting into it!

Dust with powdered sugar or drizzle with syrup. Served with fresh fruit is also a delight. Perfect with coffee, cocoa, or as a dessert after a meal.

## PREPARATION

Bring water, butter, salt, and sugar to a boil in a pot. High heat ensures that the ingredients combine quickly and that the dough later gets the right consistency.

Reduce the heat and gradually add the flour. Stir well with a wooden spoon. Press the dough ball repeatedly onto the bottom of the pot until the dough becomes a smooth mass and a white layer forms on the bottom of the pot. Remove the pot from the heat.

Transfer the dough to a bowl and let it cool for 4-5 minutes. This keeps the dough nice and airy and prevents the egg from setting when added.

Work in the egg and vanilla extract with a hand mixer until the dough is creamy and homogeneous. This step ensures a light and fluffy texture.

Fill the dough into a piping bag. Pipe 5 x 2.5 cm wide churro pieces onto the non-stick rack of the air fryer, without overfilling.

Brush the pieces with some butter and bake at 190°C for 11 minutes (8 L device) or 15 minutes (9 L device) until golden brown.

Mix sugar and cinnamon in a shallow bowl. Roll the churros in it immediately after baking while still hot.



## TIPS

Serve warm, ideally with chocolate sauce or honey.

Can be stored in an airtight container in the refrigerator for up to 2 days, frozen for up to approx. 3 months. Briefly warm before serving.

## Sweet-crispy Mini Churros

### INGREDIENTS:

- 130g** Wheat flour
- 250ml** Water
- 90g** Butter
- 1 Pinch** Salt
- 2 tbsp** Sugar (for the dough)
- 1 tsp** Vanilla extract
- 1** Egg (size L)
- 1 tbsp** Rum (add according to preference)
- 50g** Sugar + ¼ tsp cinnamon for the cinnamon-sugar mixture



190°C



42585 8L: approx. 11 min  
42586 9L: approx. 15 min



approx. 32 Mini-Churros

## TIP

Freshly whipped cream, vanilla sauce, or even vanilla ice cream also go perfectly with it.



## PREPARATION

Peel, core, and dice the apples (approx. 0.5 x 0.5 cm). Mix in a bowl with sugar, cinnamon, raisins, almond slivers, butter, and if desired, rum.

Roll out the dough, cut lengthwise into 4 equally wide pieces (each approx. 11 cm) and then cut in half again, so that you get 8 rectangles of approx. 12.5 x 11 cm each. Spread about 2 tablespoons of apple filling on each – leaving a wider edge on top and a narrower edge at the bottom.

Roll the dough lengthwise, press the ends together, and brush the top with egg yolk.

Evenly distribute on the non-stick rack of the basket/baskets. Set the air fryer to 180°C, 10 minutes (8 L device), or 14 minutes (9 L device) and start until the strudels are golden brown.

Serve dusted with powdered sugar.

## INGREDIENTS:

- 1 pack** Puff or strudel pastry
- 2** Apples approx. 300 g  
(variety Boskoop or Braeburn)
- 1 tbsp** Sugar
- ½ tsp** Cinnamon
- 1 ½ tbsp** Raisins
- 1 ½ tbsp** Sliced almonds
- 1 tsp** Butter
- some** Straw rum as desired
- 1** Egg yolk
- Powdered sugar for dusting



180°C



42585 8L: approx. 10 min  
42586 9L: approx. 14 min



4 portions

## Mini apple strudel

## PREPARATION

Cream sugar and butter with a hand mixer until creamy. Add the egg and mix briefly. Mix flour with baking powder and baking soda, add to the butter-sugar mixture, and fold in gently. Then gradually add the vanilla extract and milk and mix briefly until uniform.

Place muffin liners in ramekins, fill with 1 tablespoon of batter, put ½ teaspoon of cream cheese in the center, add some raspberries on top, and cover with the remaining batter evenly (about ½ tablespoon each).

Set the air fryer to 160°C for 14 minutes (8 L device) or 170°C for 16 minutes (9 L device) and start.

### INGREDIENTS:

- 50g** Sugar
- 50g** soft butter
- 1** egg (size L)
- 100g** flour
- 1 tsp** baking powder
- ½ tsp** baking soda
- 60 ml** milk
- ½ tsp** vanilla extract (alternatively 1 packet of bourbon vanilla sugar)
- 50g** raspberries
- 50g** cream cheese
- 1 tsp** sugar
- 6** ramekins (soufflé molds Ø 8.5 cm, 4.5 cm high, 150ml capacity)
- 6** paper muffin cups



42585 8L: 160°C  
42586 9L: 170°C



42585 8L: approx. 14 min  
42586 9L: approx. 16 min



6 Muffins

### TIPS

Always place fillings in the center so that nothing overflows.

Lightly flour fruit fillings to prevent them from sinking.



## Raspberry Vanilla Muffins – with Cream Cheese Core

# Date-Pistachio-Walnut-Chocolate Crunch

## PREPARATION

Line the baking dish with parchment paper. Halve the dates and place them close together with the inside facing up on the parchment paper. Briefly heat the nut paste so that it can be poured evenly over the dates in liquid form. If necessary, gently spread it evenly with the back of a spoon.

Coarsely chop the pistachios and walnuts. Set aside a handful as a topping. Spread the chopped nuts evenly over the nut butter. Break the dark chocolate into pieces and distribute evenly over the nuts.

Please cut off the baking paper that extends over the edge of the pan. Set the air fryer to 190°C for 3 minutes (8 L device) or 4 minutes (9 L device) and start. Please check about 30 seconds before the end to ensure that the chocolate does not burn but only melts.

With heat-resistant gloves, remove the mold from the air fryer and place it on a rack to cool. Sprinkle the handful of nuts and the sea salt on top. After approx. 15 minutes, place in the refrigerator for 1-2 hours.

Cut into pieces with a knife or by hand and enjoy.

### INGREDIENTS:

- 12-13** Dates
- 100g** Nut butter (almond-pistachio butter or peanut butter)
- 25g** Pistachios
- 30g** Walnuts
- 100g** Dark chocolate
- some** Sea salt
- 1** Casserole dish approx. 21 x 14.5 x 8.5 cm height
- Baking paper



190°C



42585 8L: approx. 3 min

42586 9L: approx. 4 min



7-9 portions  
approx. 350g

### TIP

Airtight in the refrigerator, keeps for approx. 1-2 weeks.

For longer storage of approx. 2-3 months, wrap in cling film, airtight in a freezer-safe container, can be frozen.



Meat



## Breaded pork chops – crispy on the outside, tender and juicy on the inside

### INGREDIENTS:

- 2** Pork chops (approx. 220g with bone and approx. 2 - 2.5 cm thick)
- Sea salt
- Pepper
- 2tbsp** Flour
- 1** Egg
- 4tbsp some** Panko (alternatively breadcrumbs)
- Oil for spraying the chops and brushing the grill(s).



42585 8L: 180°C  
42586 9L: 190°C



42585 8L: approx. 16 min  
42586 9L: approx. 20 min



2 cutlets

### PREPARATION

Pat the cutlets dry, salt, and pepper them.

Prepare a plate/bowl each with flour, the beaten egg, and panko as a breading station. Dip the cutlets one after the other into the flour, egg, and panko.

Lightly spray/drizzle the breading with oil.

Cook the cutlets at 180°C for 16 minutes (8 L appliance), or 190°C for 20 minutes (9 L appliance), turning them when the “shake reminder” sounds. The internal temperature should be 62-63 degrees Celsius. If necessary, monitor the internal temperature with a thermometer during the last 3-4 minutes. Adjust cooking time accordingly, either reducing or extending it.

The cutlets should be crispy on the outside and tender on the inside.

### TIPS

Enjoy immediately with potatoes or salad.



## Crispy chicken thighs

### INGREDIENTS:

- 4** Chicken thighs
- 4 tbsp** Extra virgin olive oil
- 1 tsp** Salt
- 1 tsp** Sweet paprika
- 1 tsp** Garlic powder
- ½ tsp** Onion powder
- ½ tsp** Pepper
- ½ tsp** BBQ seasoning (optional)



200°C



42585 8L: approx. 25 min  
42586 9L: approx. 30 min



4 legs

### PREPARATION

Rinse the thighs briefly under cold water, pat dry, coat evenly with olive oil, and season. Place in the basket skin side down.

Set the air fryer to 200°C, top and bottom heat, 25 minutes (8 L device) or 30 minutes (9 L device).

Turn halfway through the cooking time. Please keep the skin side up for maximum crispiness.

Measure the core temperature with a probe thermometer. Between 80°C and 85°C, the chicken thighs are perfectly cooked, tender, and safe. Measure the temperature at the thickest part, without touching the bone.

# Chicken breast in a bacon wrap

## INGREDIENTS:

- 2 Chicken breast fillets (approx. 200g each)
- 8 Bacon slices, thinly cut
- Salt
- Pepper
- 1 tsp Sweet paprika powder
- 1 tsp Garlic powder



42585 8L: 180°C  
42586 9L: 190°C



42585 8L: approx. 16 min  
42586 9L: approx. 19 min



2 portions



## PREPARATION

Pat chicken breasts dry and season.

Wrap each with bacon and place the ends down.

Set the air fryer to 180°C, 16 minutes (8 L device), or 190°C, 19 minutes (9 L device), and start. Turn when the "shake reminder" sounds. For extra crispiness, increase the temperature to 200°C for the last 2-3 minutes.

Monitor the internal temperature with a probe thermometer during the last minutes. At 75°C, the fillets are perfectly cooked, tender, and safe. Measure the temperature at the thickest point.

## TIPS

Also a delight with fresh sage leaves. Simply place 1-2 sage leaves per side of the chicken breast fillet, between the fillets and the bacon.

Fried potatoes, baby potatoes, mashed potatoes, risotto, and a Mediterranean vegetable mix go well with it.



## Beef fillet strips Teriyaki style

### INGREDIENTS:

- 400 g** Beef fillet (alternatively beef rump)
- 2 ½ tbsp** Soy sauce
- 1 ½ tbsp** Honey (alternatively brown sugar)
- 1 ½ tsp** Sesame oil
- 1 ½ tsp** Fresh, grated ginger
- 1** Garlic clove
- some** Sesame



190°C



42585 8L: approx. 6 min  
42586 9L: approx. 8 min



2 portions

### PREPARATION

Cut the meat into thin strips (approx. 6 x 1.5 cm). In a bowl, combine the soy sauce, honey, sesame oil, ginger, and pressed garlic clove and mix well. Marinate the meat in this mixture for approx. 15 minutes.

Place the marinated beef strips in a single layer on the non-stick rack of the basket/baskets. Set the air fryer to 190°C, 6 minutes (8 L device) or 8 minutes (9 L device), and start. When the "shake reminder" sounds, please shake.

Sprinkle with sesame seeds and serve immediately.

### TIPS

Jasmine or Basmati rice, fried glass noodles, garlic-steamed pak choi and Chinese cabbage, as well as colorful vegetables go well with this.

# Juicy meatballs

## INGREDIENTS:

- 750 g** Minced meat (mixed)
- 1** Onion, finely chopped
- 1** Egg
- 2-3 tbsp** Breadcrumbs or panko
- 1 tsp** Salt
- ½ tsp** Pepper
- 1 tsp** Mustard
- ½ tsp** Paprika



42585 8L: 180°C  
42586 9L: 190°C



42585 8L: approx. 16 min  
42586 9L: approx. 18 min



8 Meatballs

## PREPARATION

Mix all ingredients well in a bowl with your hands. Then form 8 even meatballs.

Distribute evenly in the air fryer on the non-stick rack (do not stack).

Set the device to 180°C for 16 minutes (8 L device) or 190°C for 18 minutes (9 L device) and start. When the 'shake reminder' sounds, please turn them. Optionally, cook for another 2 minutes at 200°C for an even crispier crust.





Main courses  
Snacks & Co.

# Mediterranean eggplants juicy filled with minced meat

## INGREDIENTS:

- 2 large eggplants (firm, shiny – for sturdy little boats!)
- 250g** minced meat (beef or mixed for juiciness)
- shallots
- 2 garlic cloves
- 2 small carrot
- 1 strained tomatoes
- 250g** grated Edam cheese (alternatively mozzarella or cheddar)
- 100g** extra virgin olive oil
- 1 tbsp** salt, pepper, and ½ tsp sweet paprika
- Herbs: oregano, thyme, or basil (fresh is ideal)



42585 8L: 180°C  
42586 9L: 185°C



42585 8L: approx. 14 min  
42586 9L: approx. 17 min



4 half eggplants

## PREPARATION

Wash the eggplants, dry them, and cut them lengthwise. Carefully scoop them out with a tablespoon, leaving a 1.5 cm wide edge. Dice the flesh finely. Salt the boats, let them drain in a sieve for about 10 minutes, and pat them dry to make them more tender. Finely dice the shallots and garlic. Heat the olive oil in a pan, add the minced meat, and fry for about 5 minutes until crumbly. Add the diced eggplant, chopped shallot, and garlic, and sauté for 3–4 minutes. Stir in the tomatoes, spices, and herbs, and simmer for 5–7 minutes until the mixture thickens but is still moist.

Evenly fill the eggplant boats with the ground meat mixture, sprinkle grated cheese on top. Place the boats in a single layer on the non-stick rack, cook at 180°C for 14 minutes (8 L device), or at 185°C for 17 minutes (9 L device). The eggplant boats should be soft and the cheese bubbling. Please do not shake when the 'Shake Reminder' sounds.

**WARNING:** Increase the temperature to 200°C for the last 2 minutes for golden browning. Optionally, drizzle with extra virgin olive oil.

Let rest in the air fryer for 2–3 minutes.

Serve immediately hot.



## TIPS

The filling can be varied as follows: chili for spiciness, pine nuts for a special crunch, or as a veggie option, replace the minced meat with mushrooms or lentils.

Rice, salad, or bread goes well with the Mediterranean eggplant boats.

Can be stored in the refrigerator for up to 3 days.



## Crispy Gnocchi

### INGREDIENTS:

**600 g** Gnocchi (from the refrigerated section)  
**2 tbsp** Vegetable oil  
Paprika powder (optional)  
Garlic granules (optional)  
Onion powder (optional)  
Salt and pepper (optional)



42585 8L: 180°C  
42586 9L: 190°C



15 min



3-4 portions

### PREPARATION

Place the gnocchi in a bowl and mix well with the oil.

Season evenly with paprika, garlic granules, salt, and pepper to taste. About halfway through the cooking time (when the shake reminder goes off), evenly sprinkle the onion powder over the gnocchi to prevent it from burning.

Set the air fryer to 180°C for 15 minutes (8 L appliance) and start. For a 9 L appliance, divide the gnocchi evenly between the baskets and brown in the air fryer at 190°C for 15 minutes.



## Delicious vegetable mix

### INGREDIENTS:

- 200 g** Bell peppers
- 150 g** Zucchini
- 150 g** Broccoli
- 1 tbsp** Extra virgin olive oil
- Salt and pepper to taste
- 1 tsp** Herbs of Provence



200°C



42585 8L: approx. 7 min  
42586 9L: approx. 9 min



1-2 portions

### PREPARATION

Wash the vegetables well, peel the bell peppers and zucchini as desired. Cut the bell peppers to remove the core and membranes. Then cut the bell peppers and zucchini into bite-sized pieces.

Wash and clean the broccoli and also cut it into bite-sized pieces.

Put the vegetables in a bowl and mix evenly with olive oil and the spices.

Set the air fryer to 200°C for 7 minutes (8 L device), 200°C for 9 minutes (9 L device), and start.

## TIP

Serve with herb butter. Goes perfectly with chicken breast wrapped in bacon, steak or chop, and salmon fillet.

## INGREDIENTS:

- 6** firm-boiling, medium-sized potatoes (each approx. 140-150 g)
- 2 tbsp** Butter (alternatively extra virgin olive oil)
- 1 tsp** Sea salt
- ½ tsp** Pepper
- 1 tsp** fresh rosemary
- 1 tsp** Paprika powder
- 1** Garlic clove
- 40g** Parmesan



42585 8L: 180°C  
42586 9L: 190°C



42585 8L: approx. 26 min  
42586 9L: approx. 30 min



2-3 portions

## PREPARATION

Thoroughly wash the potatoes with the skin on.

Then place the potato between two wooden spoons and cut slices every 3–4 mm, but do not cut all the way through.

Finely chop the garlic or alternatively press it, and also finely chop the rosemary.

Mix melted butter with salt, pepper, the garlic, paprika, and rosemary.

Brush the potatoes all around with the mixture – especially well into the cuts. Then place them next to each other on the non-stick rack in the basket(s).

Cook at 180°C for 26 minutes (8 L device), or at 190°C for 30 minutes (9 L device).

After the "shake reminder" sounds, pull out the basket(s) briefly and brush the potatoes again. During the last 6 minutes, evenly sprinkle the finely grated Parmesan over the potatoes and finish cooking/browning.

## Hasselback (fan) potatoes

# Fried potatoes from the air fryer



## INGREDIENTS:

<b>600 g</b>	waxy potatoes
<b>2 tbs</b>	Butter (alternatively extra virgin olive oil)
<b>1 tsp</b>	Salt
<b>½ tsp</b>	Pepper
<b>1</b>	Shallot (cut into strips)
<b>80 g</b>	Bacon cubes
<b>½ tsp</b>	Paprika powder
<b>some</b>	Fresh parsley



42585 8L: 190°C  
42586 9L: 200°C



approx. 20 min



2-3 portions

## PREPARATION

Boil potatoes with the skin on in salted water for approx. 18-20 minutes until cooked.

Let them cool completely for at least 1 hour, preferably overnight. Cut into even 5-7 mm slices.

Mix the potato slices with butter or olive oil, salt, pepper, and paprika. Spread evenly in the basket/baskets.

Set and start the air fryer to 190°C for 20 minutes (8 L device) or 200°C for 20 minutes. When the "shake reminder" sounds, shake and add bacon cubes and shallot strips.

At the end of the cooking time, sprinkle with freshly chopped parsley and serve.

## TIP

If the fries are not crispy enough, continue air-frying for a few more minutes. Then salt to taste and serve immediately.



## Crispy homemade fries

## INGREDIENTS:

**800 g** predominantly waxy potatoes  
(alternatively floury)  
**1 - 2 tbsp** extra virgin olive oil  
salt



200°C



42585 8L: approx. 20 min  
42586 9L: approx. 25 min



4-6 portions

## PREPARATION

Thoroughly wash the potatoes, peel them if necessary, and cut them into 1 cm thin sticks.

Soak for 20 minutes (removes the starch) and dry well. Mix evenly with olive oil in a bowl.

Place in the fryer basket (8 L appliance) or distribute evenly across both fryer baskets of the 9 L appliance.

Set the air fryer to 200°C, 20 minutes (8 L appliance) or 25 minutes (9 L appliance), and start.

## INGREDIENTS:

- 800 g** Sweet potatoes (2 large pieces)
- 2 tbsp** Cornstarch
- 2 tbsp** Olive oil
- 1 tsp** Sea salt
- 1 ½ tsp** Sweet paprika powder



180°C



42585 8L: approx. 10 min  
42586 9L: approx. 14 min



4 portions

## PREPARATION

Peel the sweet potatoes and cut them into thin 1 x 1 cm sticks. Place them in a bowl with cold water for at least 30 minutes, then dry them very well with a kitchen towel. They must be completely dry.

Sprinkle the sweet potato sticks in a dry bowl with cornstarch and mix well. Sprinkle olive oil, salt, and paprika over them and also mix evenly.

Lightly grease the cooking basket(s), distribute the sweet potato fries evenly on the non-stick tray in the cooking basket(s). Air fry in the air fryer at 180°C for 10 minutes (8 L device) or 14 minutes (9 L device). Shake in the middle of the cooking time when the "Shake Reminder" sounds. After finishing, shake the basket(s) again and finish at 200°C for 10 minutes (8 L & 9 L device). If the fries stick to the non-stick tray, carefully loosen them.

## TIP

If the fries are not crispy enough, continue air-frying for a few more minutes. Then salt to taste and serve immediately.



## Homemade Sweet Potato Fries

# Carrot Chips – Vegetable Power & Crunchy Fun

## INGREDIENTS:

**500g** Organic carrots (approx. 3-4 pieces)  
**1-2tbsp** extra virgin olive oil  
(or spray)  
Sea salt to taste

Optional spices: sweet paprika, garlic powder, black pepper, cumin, curry, cayenne pepper or ginger – 1 tsp each.  
For more sweetness, add cinnamon and honey



42585 8L: 165°C  
42586 9L: 180°C



42585 8L: approx. 11 min  
42586 9L: approx. 12 min



3-4 portions

## PREPARATION

Wash and peel the carrots. Using a slicer, mandoline, or sharp knife, cut them into 2–3 mm thin, even slices or long strips.

Place the lightly coated slices or strips in a bowl. Drizzle with 1–2 tablespoons of extra virgin olive oil (just shiny, not wet), add salt and spices. Gently mix – let sit for 2–3 minutes to allow the flavors to penetrate.

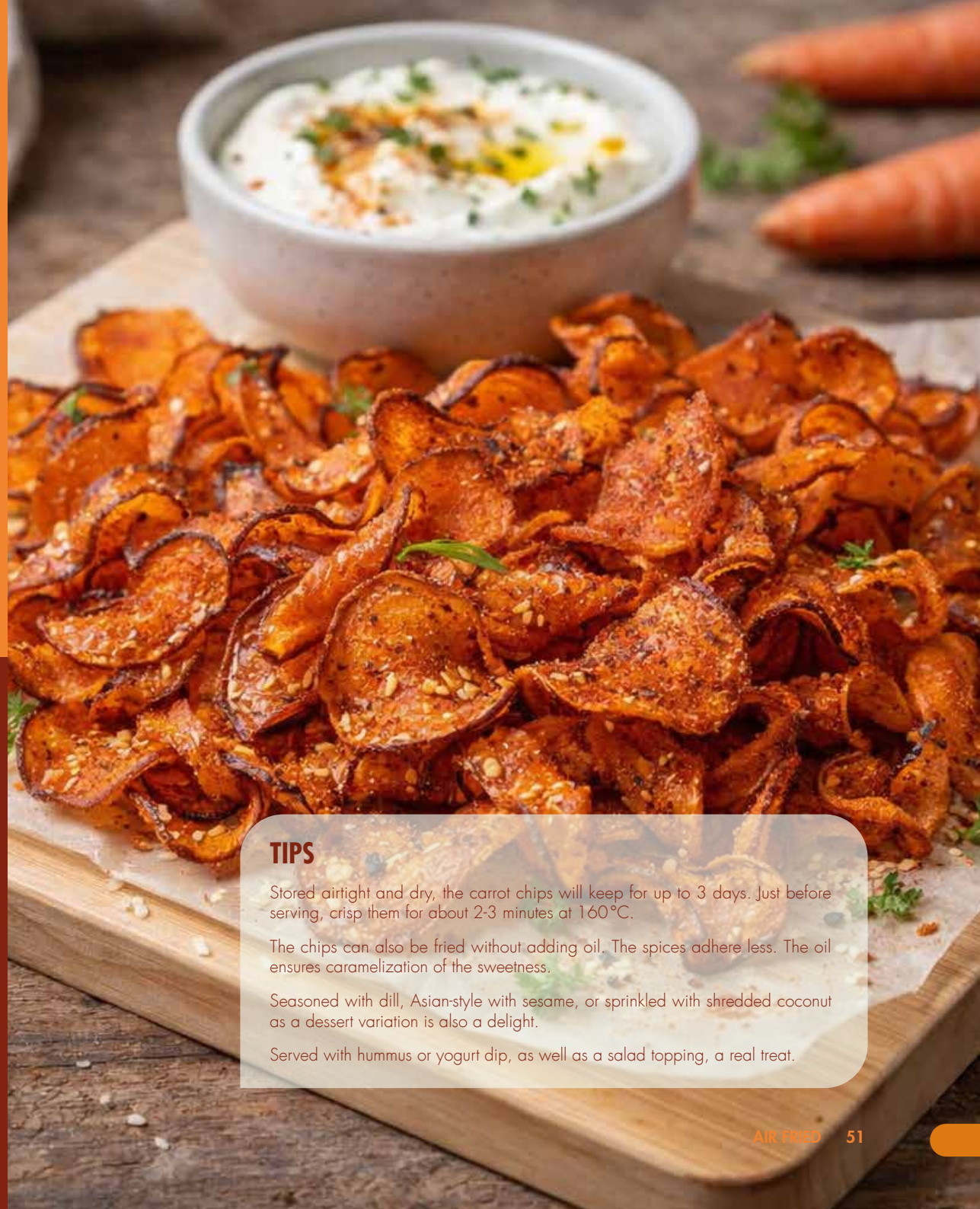
Preheat the air fryer for 3 minutes at 180 °C.

Layer the carrots evenly in two layers in the basket(s).

Cook at 165 °C for approx. 11 minutes in the 8 L air fryer or 12 minutes at 180 °C in the 9 L (2x4.5 L) device. Shake halfway through the cooking time. Let rest in the device for 2 minutes.

Edges curled and crispy? Perfect! Thicker pieces may need more time.

Take out and cool on a rack, without stacking, for 2–3 minutes so they become firmer and crispier.



## TIPS

Stored airtight and dry, the carrot chips will keep for up to 3 days. Just before serving, crisp them for about 2-3 minutes at 160°C.

The chips can also be fried without adding oil. The spices adhere less. The oil ensures caramelization of the sweetness.

Seasoned with dill, Asian-style with sesame, or sprinkled with shredded coconut as a dessert variation is also a delight.

Served with hummus or yogurt dip, as well as a salad topping, a real treat.



## Crispy, golden-brown feta nuggets

### INGREDIENTS:

- 180 g** Sheep's cheese Feta
- 1 tbsp** Wheat flour
- 1 tsp** Onion powder
- 1 tsp** Chili flakes (less if milder desired)
- 1** Egg (size L)
- 30 g** Panko bread crumbs
- 30 g** Sesame seeds (white & black mixed)
- Salt & pepper to taste
- ½** Bunch of chives
- 80 ml** BBQ sauce (season with chili as desired)



42585 8L: 180°C  
42586 9L: 195°C



42585 8L: approx. 8 min  
42586 9L: approx. 11 min



approx. 20 Piece

### PREPARATION

Cut the feta into 2 cm cubes. Prepare three bowls. In the first bowl, combine flour, onion powder, chili flakes, and a pinch each of salt and pepper (mix everything well). In the second bowl, beat the egg. In the third bowl, mix panko and sesame seeds.

Roll each feta cube first in the flour and shake off the excess. Then dip it in the egg and finally coat it in the panko-sesame mixture. Press the coating lightly for good adhesion. Place the feta cubes in a single layer in the cooking basket(s).

Set the fryer to 180 °C for 8 minutes (8 L device) or 195 °C for 11 minutes (9 L device) and start. Shaking is not necessary; the top and bottom heat ensures perfect results. Meanwhile, cut the chives into fine rings.

Place the feta nuggets immediately on a plate, generously sprinkle with fresh chives, and serve with the BBQ sauce. They taste best when served warm.

## INGREDIENTS:

- 1** small cauliflower (approx. 400g florets)
- 1,5l** vegetable broth
- 6** lasagna sheets
- 150g** brown mushrooms
- 1** garlic clove
- 3** walnuts
- 1 tbsp** extra virgin olive oil
- 80g** grated Parmesan, e.g., Parmigiano Reggiano
- some** nutmeg, salt & freshly ground pepper
- 30g** butter or oil for greasing the baking dish
- 30g** butter
- 30g** flour
- 300ml** milk
- baking dish approx. 21 x 14.5 x 8.5 cm height
- hand blender
- frying pan and pots



170°C



42585 8L: approx. 13 min  
42586 9L: approx. 16-18 min



3-4 portions

## TIP

For a version with meat, simply replace the mushrooms with 100g of sausage meat or seasoned minced pork.

# Creamy Cauliflower Lasagna

## PREPARATION

Cut the cauliflower into florets. Bring the vegetable broth to a boil and add the cauliflower. Carefully add the lasagna sheets one by one. Cook them for 5 minutes, carefully remove them, and set aside individually. Cook the cauliflower for a total of about 10–12 minutes until it is really soft. Set aside a few nice florets for later. Drain the rest (be sure to set aside about 100 ml of the vegetable broth), immediately return the florets to the pot, and puree with 1 tablespoon of olive oil, the peeled garlic clove, a bit of nutmeg, salt, and pepper – long enough until no pieces are visible.

Clean the mushrooms and cut them roughly into slices, then fry them in a pan with a little extra virgin olive oil until extra crispy.

(For the meat option, fry the sausage mixture until crispy without adding any fat. Crumble with a spatula and fry until lightly brown and crispy – this takes 5–7 minutes. Set aside.)

For the béchamel sauce, melt the butter in a small pot over low heat without browning it. Remove the pot from the heat. Gradually sprinkle in the flour while stirring. Place the pot back on the stove and gradually add the milk while constantly stirring with moderate heat. Increase the heat and stir well until the mixture thickens. Remove from the heat.

Coarsely chop or break the walnuts.

Lightly butter the pan or alternatively grease it. Line the bottom with lasagna sheets (cut appropriate strips for the corners—the sheets should not overlap), spread a thin layer of béchamel (approx. 2-3 tablespoons), and distribute 1/3 of the mushrooms roughly on top (approx. 2 tablespoons). Spread 3 tablespoons of cauliflower puree over it. The even spreading of the béchamel sauce and the cauliflower puree works best with the back of a spoon. Sprinkle some grated Parmesan evenly in a thin layer on top.

Repeat the process 2 more times. Do not fill the dish completely, as the lasagna will rise a little. Pour the vegetable broth evenly and carefully over it. Finally, add plenty of béchamel, a thick layer of Parmesan, and sprinkle the chopped walnuts evenly on top.

Break up the cauliflower florets and spread them on top as well. Bake at 170°C for 13 minutes (in the 9-liter air fryer for about 16-18 minutes). From the 9th or 12th minute, keep checking – if the cheese gets too dark, just cover with a piece of aluminum foil. Do not fill the dish completely, as the lasagna will rise a little.



## Lasagna – the Italian classic

### INGREDIENTS:

**1** Onion  
**2** Garlic cloves  
**1 tbsp** Olive oil  
**500 g** Ground beef  
**3 tbsp** Tomato paste  
**400 g** Chopped tomatoes – can  
**300 ml** Vegetable or chicken broth  
**1 pinch** Sugar  
**1 tbsp** Oregano  
**½ tsp** Salt  
**Pepper**  
**approx. 6** Lasagna sheets  
**100 g** Grated Gouda  
**40 g** Butter  
**40 g** Flour  
**400 ml** Milk  
 Rectangular baking dish 21 x  
 14.5 x 8 cm high



42585 8L: 160°C  
42586 9L: 165°C



42585 8L: approx. 19 min  
42586 9L: approx. 23 min



3-4 portions

### PREPARATION

Chop the onion and garlic finely.

Heat olive oil in a pan and fry the ground meat. Add onions and garlic and fry briefly.

Add tomato paste and roast briefly, then add chopped tomatoes and let the sauce simmer for 5 minutes over medium heat, seasoning with oregano, sugar, salt, and pepper.

For the béchamel sauce, melt the butter over medium heat in a small pot. Be careful, it must not change color. Remove the pot from the heat. Gradually sprinkle in the flour and stir well. Then return the pot to the stove, gradually add the milk while stirring, and heat the mixture while stirring constantly until the sauce becomes thick.

Place lasagna sheets in the baking dish, cover with béchamel and then meat sauce. Then alternate layers of lasagna sheets, béchamel, and meat sauce.

Cook at 160°C for approx. 19 minutes (8 L appliance), or at 165°C for 23 minutes (9 L appliance).

Then sprinkle the lasagna with cheese and bake again for 5 minutes at 170°C (8 L appliance) or 6 minutes at 180°C (9 L appliance). The cheese is added so late because otherwise it would become too dark.

# Spicy crispy Coconut Cauliflower Curry

## INGREDIENTS:

- 1** Cauliflower (700-800g florets – fresh)
- 2 tbsp** Olive oil
- 2 tbsp** Curry powder
- 1 tbsp** Garam Masala (alternatively cumin)
- 1 tsp** Turmeric
- je 1 tsp** Salt and pepper (freshly ground)
- 200 ml** Coconut milk (creamy shaken)
- 2 tbsp** Fresh, finely chopped coriander
- 3-4** Lemon slices for serving



42585 8L: 190°C  
42586 9L: 195°C



42585 8L: approx. 16 min  
42586 9L: approx. 18 min



3-4 portions

## PREPARATION

Wash the cauliflower, trim it, and divide it into florets. Place the dry cauliflower florets in a bowl, drizzle with olive oil. Evenly sprinkle the spices over the cauliflower and mix everything well with your hands.

Remove the non-stick rack from the basket and spread the florets in a single layer on the bottom of the basket(s). Bake at 190°C for 10 minutes (8 L appliance), or at 195°C for 12 minutes (8 L appliance). Pour the coconut milk over it and stir – cook for another 6 minutes at 190°C (8 L appliance), or at 195°C (9 L appliance). The sauce will thicken, and the cauliflower will remain crisp.

If desired, extend the cooking time by approximately 2 minutes for more crispiness.

Remove, sprinkle with chopped coriander, and serve immediately. Garnish with a lemon slice (for squeezing over later).

## TIPS

Enjoy hot with rice, naan, or on its own! Leftovers? Crisp up for 5 minutes at 180°C.

Season with chili flakes for a spicy version.

Alternatives to coconut milk: yogurt or oat cream.



