

Gourmia®

Air Fryer Oven *Recipe Book*

Includes 28 recipes
uniquely created for
GTF7460



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Gourmia

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MAIN



Crunchy Roasted Halibut with Miso Honey Glaze

4 boneless skinless Halibut fillets,
approximately 6 ounces each and 1 inch thick
2 tablespoons white (sweet or Shiro) miso
2 tablespoons honey
1 tablespoon lemon juice
2 teaspoons ginger, peeled and grated
½ teaspoon garlic, grated
¼ cup unsalted butter, melted
½ cup panko breadcrumbs
1 Lemon, cut into wedges for serving

SERVES 4 / PREP TIME 10 minutes / COOK TIME 12-15 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 375°
Set Oven Rack to center position in oven

1. In a small bowl mix together miso, honey, lemon juice, ginger and garlic
2. In shallow plate mix together melted butter and panko
3. Brush each fish filet (the side where the skin was) with miso mixture
4. Dip miso side of fish filets into panko pressing lightly to adhere
5. Place fish panko side up on foil lined Baking Pan
6. Cook for 12-15 minutes or until fish is cooked through and breadcrumbs are golden brown and crunchy

Serve with lemon wedges

MAIN



Crispy Quinoa Fried Chicken

1 cup cooked quinoa
4 boneless, skinless chicken breasts
approximately 6 oz. each
¼ cup Dijon mustard
1 tablespoon fresh marjoram or thyme, chopped
(plus more for garnish if desired)
½ teaspoon black pepper
½ teaspoon kosher Salt

SERVES 4 / PREP TIME 15 minutes / COOK TIME 15-20 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 300°

1. Spread cooked quinoa on parchment lined Baking Pan and cook in center of oven until lightly toasted and slightly dry about 15-20 minutes
2. Transfer to a shallow plate breaking up any clumps and let cool completely
3. Raise oven temperature to AIR FRY 375°.
5. In a large bowl, combine the chicken, mustard, marjoram, salt and pepper
6. Mix gently to coat chicken
7. Dip the chicken in the quinoa coating well on both sides, then place in the Fry Basket
8. Place Fry Basket in center of oven and cook chicken 15 to 20 minutes or until cooked through

Garnish with additional marjoram if desired

MAIN



Pastrami Crusted Steak and Baby Potatoes

1 pound top Sirloin steak 1½ inch thick cut
in half crosswise
1 pound baby potatoes approximately 1 inch in diameter
1 tablespoon olive or vegetable oil, divided

Pastrami spice rub

1 tablespoon coarsely ground black pepper
2 teaspoons kosher salt
1½ teaspoons ground coriander
1 teaspoon turbinado or light brown sugar
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon ground mustard
¼ teaspoon paprika

Thyme leaves for garnish, optional

SERVES 2 / PREP TIME 10 minutes / COOK TIME 25-30 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. Mix together spice rub ingredients, set aside
2. In a large bowl toss together potatoes with 1 ½ teaspoons of the oil and half of the spice rub
3. Place potatoes in Fry Basket and cook in center of oven for 8 minutes
4. Rub steaks with 1 ½ teaspoons of the oil and remaining spice rub
5. Place steaks on top of potatoes in Fry Basket
6. Continue cooking for 13-18 minutes or until steaks are cooked to desired doneness

Garnish with fresh thyme leaves if desired

MAIN



Street Style

Lamb Skewers

1 tablespoon red chili flakes
1 tablespoon cumin seed
1 teaspoon fennel seed
1 teaspoon coriander seed
1 teaspoon kosher salt
2 teaspoons garlic powder
1 pound boneless lamb shoulder, cut into 1 inch pieces
1 tablespoon vegetable oil
2 teaspoons Shaoxing wine, dry sherry or white wine
Small Bamboo skewers, soaked in water for at least 2 hours

SERVES 4 / PREP TIME 15 minutes / COOK TIME 10-13 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. In a spice grinder or mortar and pestle, coarsely grind chili flakes, cumin, fennel and coriander
2. Add garlic powder and kosher salt, briefly grind to thoroughly combine ingredients
3. Reserve 1 tablespoon of the spice mix
4. Place lamb in a large bowl and toss thoroughly with the remaining spice mix, oil, and Shaoxing wine
5. Thread lamb on skewers
6. Arrange skewers in Fry Basket keeping them in a single layer
7. Cook in center of oven 10-13 minutes or until lamb is cooked but still juicy
8. Repeat as needed until all skewers are cooked
9. Sprinkle with reserved spices before serving

MAIN



Spicy Stir-Fried Tofu with Charred Shallots

1 pound block of firm tofu well drained,
patted dry and cut into 1 inch cubes
4 large shallots cut in half lengthwise
and sliced crosswise into ½ inch thick slices
3 green onions, sliced thin for garnish

Sauce:

1 teaspoon garlic, grated or finely minced
1 teaspoon ginger, grated or finely minced
½ teaspoon coarsely ground black pepper
½ teaspoon toasted sesame oil
1 tablespoon hoisin sauce
2 teaspoons soy sauce
½ teaspoon cornstarch
¼ cup vegetable stock, chicken stock or water
8 small Chinese dried chilies left whole or ¼ teaspoon
ground cayenne pepper

SERVES 2-4 / PREP TIME 15 minutes / COOK TIME 20-25 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°
Set Oven Oven Rack to center position in oven

1. Lightly oil a foil lined Baking Pan
2. Arrange tofu cubes and sliced shallots in a single layer on prepared Baking Pan
3. Air fry for 15 minutes or until tofu is crisp and browned and shallots are lightly charred
4. In a large bowl mix all sauce ingredients together in the order listed
5. Remove tofu and shallots from oven and add to bowl containing sauce
6. Mix carefully until tofu is evenly coated with sauce
7. Return tofu and shallots to Baking Pan
8. Reduce oven temperature to AIR FRY 350°, cook 5 minutes or until sauce has thickened. Watch carefully at this point so sauce doesn't burn
9. Garnish with sliced green onions

MAIN



Banana Leaf Fish

4 boneless skinless Salmon, Halibut, Grouper or other firm flesh fish fillets – approximately 6 ounces each and 1 inch thick

½ teaspoon turmeric mixed with ½ teaspoon kosher salt

Spice paste

1 cup fresh coriander (cilantro) leaves

½ cup fresh mint leaves

½ cup unsweetened shredded coconut

1 small jalapeno pepper, stemmed, seeded and cut into quarters (use less if jalapeno is very hot)

1 medium garlic clove, peeled

1 inch piece of ginger, peeled and quartered

¼ cup lime juice

1 tablespoon coconut oil (vegetable oil can be substituted)

½ teaspoon ground coriander seed

½ teaspoon kosher salt

4 12"x12" banana leaves or parchment paper

SERVES 4 / PREP TIME 15 minutes / COOK TIME 12-15 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 375°

Set Oven Rack to center position in oven

1. In a blender or food processor combine all spice paste ingredients
2. Process until almost smooth, set aside
3. Season fish with the turmeric and salt mixture
4. Place 1 fish fillet in center of each banana or parchment square
5. Spread ¼ of spice paste on each fish fillet
6. Bring up two sides of square and fold over several times to enclose fish tucking ends under to seal
7. Place fish packets on baking sheet
8. Cook fish for 12-15 minutes or until fish is cooked through

MAIN



Shawarma Chicken Thighs

8 small bone in, skin on chicken thighs
2 teaspoons ground cumin
1 ½ teaspoons Kosher salt
1 teaspoon ground coriander
½ teaspoon smoked paprika
½ teaspoon ground black pepper
¼ teaspoon ground cardamom
⅛ teaspoon ground cinnamon
2 medium cloves garlic, grated or minced
1 tablespoon olive oil
1 lemon quartered, for serving

SERVES 4 / PREP TIME 10 minutes / COOK TIME 20-25 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. Mix spices, garlic and oil together until a paste is formed
2. Rub spice paste evenly on chicken thighs
3. Place chicken skin side up on prepared Fry Basket
4. Cook chicken in center of oven for 20-25 minutes or until skin is crispy and chicken is cooked through

Serve with lemon wedges

VEGETABLES



Roasted Baby Carrots with Puffed Grains and Yogurt

1-pound bag baby carrots patted dry
1 cup of cooked and cooled farro, quinoa or other grains
2 teaspoons olive oil
1 teaspoon garlic, chopped
½ teaspoon whole cumin seed toasted and coarsely
crushed, divided *see tip below
¼ cup plain Greek yogurt
2 tablespoons chopped fresh herbs (dill, chives, parsley)
Kosher salt
Black pepper

*Tip: cumin can be toasted in preheated oven on BAKE 350°.
It only takes 2-3 minutes so watch very carefully!

SERVES 2 / PREP TIME 5 minutes / COOK TIME 35 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 350°
Set Oven Rack to center position in oven

1. Line Baking Pan with parchment
2. Toss cooked farro with 1 teaspoon of the olive oil and season with salt and pepper
3. Spread farro out evenly on parchment lined Baking Pan
4. Cook in center of oven 20 minutes stirring every 5 minutes so that farro browns evenly
5. When farro is brown and crisp remove from oven and set aside
6. Season carrots with remaining 1 teaspoon of olive, chopped garlic, half the toasted cumin, salt and pepper
7. Spread carrots out on parchment lined Baking Pan
8. Raise oven temperature to AIR FRY 400°
9. Cook carrots 15-20 minutes or until carrots are well browned and tender
10. Arrange carrots on serving dish, top with farro and drizzle with yogurt
11. Garnish with remaining toasted cumin and fresh herbs

VEGETABLES



Sriracha Air Fried Potatoes

One pound russet potatoes,
peeled and cut into 1 inch cubes
2 tablespoons Sriracha chili sauce
2 tablespoons vegetable oil
1 teaspoon light brown sugar
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon kosher salt

SERVES 2-4 / PREP TIME 10 minutes / COOK TIME 20-25 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 375°
Set Oven Rack to center position in oven

1. Line a Baking Pan with foil
2. In a large bowl mix together all ingredients except potatoes
3. Add potatoes to bowl and toss until potatoes are evenly coated with Sriracha mixture
4. Spread potatoes on Baking Pan keeping them in a single layer
5. AIR FRY 20-25 minutes or until potatoes are cooked through and browned*

*if potatoes are browning too quickly reduce oven temperature to 350°

VEGETABLES



Cauliflower

Cacio e Pepe

4 cups cauliflower florets (1 small head)
1 tablespoon olive oil
½ teaspoon kosher salt
1 teaspoon coarse ground black pepper
1 cup grated Pecorino Romano cheese

SERVES 4 / PREP TIME 10 minutes / COOK TIME 20-25 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. In a large bowl toss together cauliflower, salt and olive oil
2. Place cauliflower in Fry Basket keeping in a single layer
3. Place Fry Basket in center of oven and AIR FRY for 20-25 minutes or until cauliflower is well browned and cooked through
4. Return cooked cauliflower to bowl and immediately toss with black pepper and cheese

VEGETABLES



Sweet Potato “Pie”

4 medium sweet potatoes
2 tablespoons unsalted butter, melted
2 tablespoons light brown sugar
½ teaspoon kosher salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup of your favorite whole grain cereal
4 teaspoons chopped nuts
crème fraiche for serving, optional

SERVES 4 / PREP TIME 5 minutes / COOK TIME 50 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 375°

1. Pierce each sweet potato a few times with a fork
2. Place sweet potatoes in Fry Basket
3. Cook in center of oven 45–50 minutes or until soft and cooked through
4. In a small bowl mix together butter, brown sugar, salt, cinnamon and nutmeg
5. Cut sweet potato open along the top and press to open
6. Divide butter mixture evenly between sweet potatoes
7. Top each potato with ¼ of the cereal and 1 teaspoon of chopped nuts
8. Return potatoes to oven and AIR FRY on 375° for 5 minutes
9. Top potatoes with crème fraiche if desired

VEGETABLES



Banana Fries

2 ripe plantains or 2 almost ripe bananas, peeled
2 teaspoons jerk or barbeque seasoning
1 teaspoon turbinado or raw sugar
Olive oil cooking spray

SERVES 4 / PREP TIME 10 minutes / COOK TIME 20-25 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. Cut plantains or bananas in half cross wise and then long ways into quarters
2. Spray plantains or bananas with oil
3. Dust evenly with spices
4. Place into Fry Basket keeping in a single layer (cook in two batches if necessary)
5. Cook in center of oven 15-20 minutes for plantains or 10-15 for bananas

VEGETABLES



Elotes

4 ears of corn, shucked
1 tablespoon vegetable oil
¼ cup mayonnaise
¼ cup Mexican crema or sour cream
½ cup finely crumbled Cotija or feta cheese, plus more for serving
½ teaspoon ancho chili powder or smoked paprika, plus more for serving
½ teaspoon garlic powder
¼ cup cilantro, chopped
1 lime, cut into wedges

SERVES 4 / PREP TIME 15 minutes / COOK TIME 15 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. In a large bowl stir together mayonnaise, crema, Cotija cheese, ancho chili, garlic powder, and cilantro until well combined, set aside
2. Lightly coat each ear of corn with some of the vegetable oil
3. Place corn in Fry Basket
4. Cook in center of oven 15 minutes, turning corn over half-way through cooking. Corn should be slightly charred and tender
5. When corn is cooked transfer to bowl with cheese mixture and using a large spoon evenly coat corn on all sides with mixture
6. Sprinkle with additional cheese and Ancho chili powder

Serve with lime wedges

SNACKS



Ruffled Salty and Sweet Cheese Pie

8 oz. filo dough sheets, defrosted
16 oz. feta cheese, crumbled
8 oz. ricotta cheese, well drained
2 eggs, well beaten
1 teaspoon fresh marjoram, chopped
½ teaspoon ground black pepper
6 tablespoons unsalted butter, melted
Honey for serving
9 inch pie pan

SERVES 8 / PREP TIME 15 minutes / COOK TIME 35-40 minutes

Preheat Gourmia Air Fryer Oven to BAKE 350°
Set Oven Rack to center position in oven

1. In a large bowl mix together feta, ricotta, eggs, marjoram and black pepper
2. Brush Baking Pan with some of the melted butter
3. Layer one sheet of filo over Baking Pan and brush with melted butter letting excess filo hang over edges of Baking Pan
4. Continue layering and buttering filo angling each sheet approximately 45 degrees until you have 8 layers
5. Spoon filling into Baking Pan and spread evenly
6. Roll up remaining filo sheets and cut crosswise into ½ inch ribbons
7. Gently toss filo ribbons in remaining butter until evenly coated and place onto center of pie
8. Bring overhanging filo up around ribbons and gently scrunch to form edge of pie
9. BAKE in center of oven 35-40 minutes until filling is set and top is golden brown
10. Let pie cool to room temperature
11. Drizzle with honey right before serving

SNACKS



Fancy Hot Pockets

1- 9 inch pie crust, homemade or store bought

For the filling

- 1 pound lean ground beef
- ½ cup onion, chopped
- 1 teaspoon garlic, chopped
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ teaspoon grated nutmeg
- 3 tablespoons tomato paste
- 3 tablespoons white wine or vegetable stock
- 1 tablespoon fresh basil chopped

For assembly

- 8 oz. smoked mozzarella cheese, shredded
- ⅛ cup olive oil
- ⅛ cup grated parmesan cheese

Make the filling:

1. In a large sauté pan over medium heat, cook ground beef until slightly browned
2. Stir in onion and garlic and cook for 5 minutes or until onions are soft
3. Add remaining ingredients, stir well and continue cooking for 15 minutes
4. Remove from heat, cool filling completely

SERVES 4 / PREP TIME 30 minutes / COOK TIME 10 minutes

Preheat Gourmia Air Fryer Oven to BAKE 350°
Set Oven Rack to center position in oven

To assemble:

1. Roll dough out into a 12"x12" rectangle
2. Cut into 4 equal squares
3. Brush each square with some of the olive oil leaving a half inch boarder all around
4. Place one quarter of the filling on the lower half of each dough square spreading out filling leaving a half inch boarder
5. Top filling with shredded cheese using one quarter of the cheese for each square
6. Fold top half of dough over bottom half and crimp edges together with the back of a fork
7. Brush each pocket with olive oil and sprinkle with parmesan cheese
8. BAKE on foil lined Baking Pan, 10 minutes or until golden brown

SNACKS



Za'atar Spiced Chicken Bites

½ cup buttermilk
2 teaspoons garlic, grated or finely minced
4 boneless, skinless chicken breasts (6 oz. each)
cut into 1 inch cubes
1 cup panko breadcrumbs
½ cup all-purpose flour
2 tablespoons Za'atar spice blend, plus additional for
garnish
½ teaspoon kosher salt (reduce salt if Za'atar
contains salt)
¼ teaspoon ground black pepper
1 lemon, cut into wedges for serving

Tahini sauce

¼ cup lemon juice
½ teaspoon garlic, grated or finely minced
½ teaspoon kosher salt
½ cup tahini, well stirred
¼ cup water

SERVES 4 / PREP TIME 20 minutes / COOK TIME 10-15 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. In a bowl large enough to hold all the chicken, mix together the buttermilk and the garlic
2. Add chicken to buttermilk mixture and let sit 10 minutes
3. In a large bowl mix together panko, flour, Za'atar, salt and pepper
4. Drain chicken and dredge in spiced flour mixture
5. Place chicken in prepared Fry Basket
6. Cook chicken in center of preheated oven 10-15 minutes or until chicken is cooked through and golden brown

Serve with fresh lemon wedges and Tahini sauce
(recipe follows)

Tahini sauce:

1. In a small bowl mix together the lemon juice, garlic and salt. Let sit 10 minutes, this helps to mellow the garlic flavor
2. Stir in tahini and then slowly stir in water adding more water if necessary, to achieve a dippable consistency

SNACKS



Bar Nuts

2 cups mixed unsalted nuts
1 tablespoon fresh rosemary, chopped
½ teaspoon hot paprika
2 teaspoons light brown sugar
2 teaspoons kosher salt
1 tablespoon unsalted butter, melted

MAKES 2 CUPS / PREP TIME 5 minutes / COOK TIME 5-8 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 350°

1. Place nuts in Fry Basket keeping in a single layer
2. AIR FRY in center of oven for 5-8 minutes or until nuts are toasted and golden brown, shaking Fry Basket halfway through cooking. Watch carefully nuts burn quickly!
3. In a large bowl mix together all remaining ingredients
4. When nuts are done remove from oven and add to bowl with spice mixture
5. Mix gently making sure nuts get evenly coated

Serve warm

SNACKS



Spiced Cheddar Crackers

1 cup unbleached all-purpose flour
½ teaspoon salt
¼ teaspoon smoked paprika
1/8 teaspoon cayenne pepper (omit if using hot paprika)
½ cup (1 stick) unsalted butter, cut into small pieces
½ cup sharp white cheddar cheese, grated
1 tablespoon nigella seeds (poppy or sesame seeds may be substituted)
1 egg white beaten with ½ teaspoon of water

MAKES APPROXIMATELY 25 CRACKERS

PREP TIME 15 minutes, plus 1 hour to chill dough

COOK TIME 15-20 minutes

Set Oven Rack to center position in oven

1. Combine flour, salt, and spices in a food processor. Add butter and process until mixture resembles coarse meal
2. Add cheese to processor and process until dough starts to hold together
3. Turn out onto a lightly floured surface. Divide in half and roll each half of dough into a log about 1 ½ inches in diameter. Wrap in plastic and chill until firm, at least 1 hour
4. Preheat Gourmia Air Fryer Oven to BAKE 350°
5. Cut dough into ⅓ - ½ inch thick rounds and place 1 inch apart on parchment lined Baking Pan
6. Brush each cracker with beaten egg white and sprinkle with nigella seeds
7. BAKE for 10-15 minutes, until slightly browned
8. Repeat with remaining dough rounds

Let crackers cool completely before serving

SNACKS



Eggplant and Sweet Tomato Toast

1 small eggplant, cut on the diagonal into ¼ inch thick slices
8 thick slices of Italian bread
1 pint cherry or grape tomatoes
1 medium clove garlic, grated or finely minced
3 tablespoons fresh herbs, chopped (basil, marjoram, rosemary or a combination of all three)
¼ cup olive oil
kosher salt
freshly ground black pepper
8 oz. ricotta cheese

SERVES 4 / PREP TIME 15 minutes / COOK TIME 30 minutes

Preheat Gourmia Air Fryer Oven to AIR FRY 400°

1. In a medium bowl mix together olive oil, garlic and 2 tablespoons of the herbs
2. Brush both sides of eggplant slices with olive oil mixture and season with salt and pepper
3. Repeat with bread slices
4. Add tomatoes to bowl with remaining oil and mix well. Season with salt and pepper
5. Place tomatoes in Fry Basket and cook in center of oven for 15 minutes or until tomatoes are slightly charred and soft
6. Remove tomatoes from Fry Basket and set aside to cool
7. Arrange eggplant slices in Fry Basket keeping in a single layer
8. Cook eggplant for 10-13 minutes or until cooked through and brown
9. Remove eggplant from Fry Basket and set aside
10. Place bread slices in Fry Basket and cook in center of oven for 5 minutes or until golden brown

Assemble Toast:

Divide eggplant and tomatoes evenly between bread slices and top each toast with a spoonful of the ricotta. Sprinkle with remaining tablespoon of fresh herbs

SNACKS



Caramel Corn Granola

6 tablespoons unsalted butter, melted
1/3 cup packed light brown sugar
2 teaspoons vanilla extract
1/2 teaspoon kosher salt
2 cups old-fashioned rolled oats
1/2 cup corn flake cereal
1/2 cup unsalted peanuts, coarsely chopped

SERVES 4 / PREP TIME 5 minutes / COOK TIME 30-35 minutes

Preheat Gourmia Air Fryer Oven to BAKE 325°

Line Baking Pan with parchment paper

Set Oven Rack to center position in oven

1. In a large bowl mix together melted butter, brown sugar, vanilla and salt until thoroughly combined
2. Add oats and corn flakes, mix well
3. Stir in peanuts
4. Spoon into prepared baking pan and press granola out in pan to form an even, single layer
5. Cook in center of oven for 30-35 minutes or until slightly brown but not dried out
6. Let cool completely before breaking into large clusters

SNACKS



Dilly Beans

8 oz. whole frozen green beans, defrosted and dried well
¼ teaspoon dry ranch dressing mix
⅛ teaspoon dry dill weed

SERVES 2 / PREP TIME 5 minutes / COOK TIME 6-8 hours

1. In a large bowl toss together all ingredients
2. Arrange green beans on Fry Basket in a single layer allowing space between each green bean
3. Set Gourmia Air Fryer oven to DEHYDRATE 135° and cook for 6-8 hours or until green beans are dry and crisp

SNACKS



BBQ Carrots

1 large carrot, peeled cut in half crosswise and sliced long ways into 1/16 inch thick strips.
(A mandolin is very helpful for getting thin even slices).
½ teaspoon barbecue rub

SERVES 2 / PREP TIME 5 minutes / COOK TIME 6-8 hours

1. In a large bowl toss together all ingredients
2. Arrange carrot strips on Fry Basket in a single layer allowing space between each carrot
3. Set Gourmia Air Fryer Oven to DEHYDRATE 135° and cook in center of oven for 6-8 hours or until carrots are dry and crisp

SNACKS



Beet Chips

1 medium beet, peeled and sliced into 1/16 inch thick rounds.
(A mandolin is very helpful for getting thin even slices).
½ teaspoon seasoned salt (your favorite brand of all purpose seasoning salt)

SERVES 2 / PREP TIME 5 minutes / COOK TIME 6-8 hours

1. In a large bowl toss together all ingredients
2. Arrange beet slices on Fry Basket in a single layer allowing space between each beet
3. Set Gourmia Air Fryer Oven to DEHYDRATE 135° and cook for 6-8 hours or until beets are dry and crisp

DESSERT



Bourbon Pecan Brownies

MAKES ONE 8X8" PAN / PREP TIME 15 minutes / COOK TIME 30-35 minutes

6 tablespoons unsalted butter, cut into pieces
6 ounces semisweet chocolate chips
¼ cup unsweetened cocoa powder (not Dutch process)
¾ cup all-purpose flour
¼ teaspoon baking powder
¼ teaspoon salt
1 cup packed light brown sugar
2 large eggs
¼ cup bourbon
2 teaspoons pure vanilla extract
½ cup roasted unsalted pecans broken into large pieces

Preheat Gourmia Air Oven to BAKE 350°
Set Oven Rack to center position in oven

Line a buttered 8-inch square Baking Pan with foil or parchment paper, allowing 2 inches to hang over sides. Butter lining

1. Put butter, chocolate, and cocoa in a heatproof medium bowl set over a pan of simmering water, stir until butter and chocolate are melted. Let cool slightly.
2. Whisk together flour, baking powder, and salt in a separate bowl and set aside
3. Put sugar, eggs, vanilla and bourbon in the bowl of an electric mixer fitted with the paddle attachment and beat on medium speed until pale, about 4 minutes
4. Add chocolate mixture and beat until combined
5. Add flour mixture, beat scraping down sides of bowl occasionally until well incorporated
6. Stir in pecans
7. Pour batter into prepared pan, smooth top with a rubber spatula
8. BAKE at 350° in center of oven for 30-35 minutes or until toothpick inserted into brownies comes out with moist crumbs attached
9. Let cool slightly in pan, about 15 minutes
10. Lift brownies out of pan and let cool completely on a wire rack before cutting into squares

DESSERT



Tahini Date Bars

MAKES ONE 8X8" PAN / PREP TIME 20 minutes / COOK TIME 25-30 minutes

Date filling

- 3 cups dates, pitted and chopped
- 1 cup water
- 1 small ripe banana, mashed about ½ cup
- ¼ cup packed light brown sugar

Bars

- 1 cup packed light brown sugar
- ½ cup unsalted butter, softened
- ½ cup well stirred tahini
- 1 ¾ cups all-purpose flour
- 1 ½ cups quick cooking oats
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- ¼ teaspoon ground cardamom

Butter an 8x8" square Baking Pan

Preheat Gourmia Air Oven to BAKE 375°
Set Oven Rack to center position in oven

1. In 2 quart saucepan cook filling ingredients over low heat about 10 minutes stirring constantly until thickened, Cool 5 minutes
2. In large bowl, stir together brown sugar, butter and tahini until well blended
3. Stir in flour, oats, baking soda, salt and ground cardamom until crumbly
4. Press half of the crumb mixture evenly in bottom of pan
5. Spread filling evenly over bottom
6. Top with remaining crumb mixture and press lightly
7. BAKE 25 to 30 minutes or until golden brown

Cool completely before cutting into bars

DESSERT



Toasted Coconut Snack Cake

Cake:

2 eggs
1 cup sugar
1 teaspoon vanilla extract
1 cup cake flour
1 teaspoon baking powder
¼ teaspoon kosher salt
½ cup coconut milk
2 tablespoons unsalted butter, melted

Frosting:

¾ cup coconut sugar or packed light brown sugar
½ cup unsalted butter, melted
2 tablespoons coconut milk
1 cup shredded coconut

MAKES ONE 8X8" PAN / PREP TIME 15 minutes / COOK TIME 20-25 minutes

Butter and flour an 8x8" square Baking Pan
Preheat Gourmia Air Fryer Oven to BAKE 350°
Set Oven Rack to center position in oven

Cake:

1. In the bowl of an electric mixer fitted with the paddle attachment beat eggs, sugar and vanilla on high until thick and lemon colored, about 4 minutes
2. Combine flour, baking powder and salt, add to egg mixture
3. Beat on low until just combined
4. Add coconut milk and melted butter to batter and beat until all ingredients are fully incorporated (the batter will be thin)
5. Pour into prepared Baking Pan
6. BAKE at 350° 20-25 minutes or until toothpick inserted into center of cake comes out with moist crumbs attached
7. Cool slightly

Frosting:

1. Blend all ingredients well
2. Spread over warm cake
3. Broil about 4 inches from the heat for 3-4 minutes or until the top is lightly browned

Let cake cool completely before serving

DESSERT



Lemon Yogurt Cake

1 ½ cups all-purpose flour
2 teaspoons baking powder
¾ teaspoon kosher salt
1 cup sugar
1 tablespoon grated lemon zest
2 large eggs
¾ cup whole milk Greek yogurt
½ cup mild flavored olive oil
½ teaspoon vanilla extract

MAKES ONE LOAF / PREP TIME 15 minutes / COOK TIME 50-55 minutes

Preheat Gourmia Air Fryer Oven to BAKE 350°

Butter and flour a standard (8 ½" x 4 ¼") loaf pan

Dust with flour, tap out excess

Set Oven Rack to center position in oven

1. In a small bowl sift together flour, baking powder and salt
2. In a large bowl mix sugar and lemon zest until well combined
3. Stir eggs, yogurt, olive oil and vanilla into sugar mixture
4. Add flour mixture to bowl with wet ingredients and stir until well combined
5. Pour batter into prepared pan
6. BAKE in center of oven for 50-55 minutes or until toothpick inserted into center comes out clean

Let cake cool completely before serving

DESSERT



Apple Cider Spice Cake

MAKES ONE 8X8" PAN / PREP TIME 20 minutes / COOK TIME 30-35 minutes

For cake

- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- ⅔ cup packed light brown sugar
- ¾ teaspoon ground pumpkin pie spice
- 1 cup unsweetened applesauce
- 8 tablespoons unsalted butter, melted and cooled
- ¼ cup apple cider
- 1 large egg
- 1 teaspoon vanilla extract

For frosting

- 8 tablespoons (1 stick) unsalted butter, room temperature
- 8 ounces cream cheese, room temperature
- ¾ cup confectioners' sugar
- ¼ cup packed light brown sugar
- 1 teaspoon pure vanilla extract
- ½ cup chopped toasted nuts, optional

Preheat Gourmia Air Fryer Oven to BAKE 350°

Set Oven Rack to center position in oven

Line a buttered 8-inch square Baking Pan with foil or parchment paper, allowing 2 inches to hang over sides. Butter lining


















Cake:

1. In a small bowl whisk together flour, baking soda and salt. Set aside
2. In the bowl of an electric mixer fitted with the paddle attachment, beat remaining ingredients on medium speed until pale, about 5 minutes
3. Add flour mixture, beat scraping down sides of bowl occasionally until well incorporated
4. Pour batter into prepared pan, smooth top with a rubber spatula.
5. BAKE at 350° in center of oven for 30-35 minutes or until toothpick inserted into center of cake comes out with moist crumbs attached
6. Let cool 10 minutes
7. Lift cake out of pan and let cool completely on a wire rack















Frosting:

1. Beat all ingredients together in the bowl of an electric mixer fitted with the whisk attachment until light and fluffy, about 3 minutes
2. When cake is cooled frost and garnish with chopped nuts if desired




















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	Cut in 1-inch wedges	1 Tbsp	400°F	25–30 minutes
		16 oz	Hand-cut fries, thin	1 Tbsp	400°F	15–20 minutes
		16 oz	Hand-cut fries, thick	1 Tbsp	400°F	25–30 minutes
		4 whole (medium)	Pierced with fork	None	400°F	35–45 minutes
	Potatoes, sweet	16 oz	Cut in 1-inch cubes	1 Tbsp	400°F	15–20 minutes
		4 whole (medium)	Pierced with fork	None	400°F	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

Cook time will vary depending on the amount of food, thickness, and brand. Check food for desired doneness and always ensure raw proteins reach food-safe temperature.

	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

Cook time will vary depending on the amount of food, thickness, and brand. Check food for desired doneness and always ensure raw proteins reach food-safe temperature.

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	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	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

INGREDIENT	PREPARATION	TEMPERATURE	DEHYDRATE TIME
FRUITS & VEGETABLES			
 Apples	Core removed, cut in 1/8-inch slices	135°F	7–8 hours
 Apricot	Cut in 1/8-inch slices, pit removed	135°F	8–10 hours
 Bananas	Peeled, cut in 1/8-inch slices	135°F	8–10 hours
 Beets	Peeled, cut in 1/8-inch slices	135°F	6–8 hours
 Fresh herbs	Rinsed, patted dry, stems removed	135°F	4 hours
 Ginger root	Cut in 1/8-inch slices	135°F	6 hours
 Mangoes	Peeled, cut in 1/8-inch slices, pit removed	135°F	8–10 hours
 Mushrooms	Cut in 1/4-inch slices (wiped clean with a paper towel)	135°F	6–8 hours
 Pineapple	Peeled, cored, cut in 1/8-inch slices	135°F	8–10 hours
 Strawberries	Cut in half or in 1/8-inch slices	135°F	8–10 hours
 Tomatoes	Cut in 1/8-inch slices	135°F	6–8 hours
 Tomatoes, cherry	Cut in half	135°F	8–10 hours
MEAT, POULTRY & FISH			
 Beef	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Chicken	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Turkey	Cut in 1/4-inch slices, marinated overnight	150°F	8–10 hours
 Salmon	Cut in 1/4-inch slices, marinated overnight	150°F	5–7 hours

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