



Air Fryer Top Tips

The air fryer is the new and in-vogue piece of kitchen cookware. Widely available in different shapes, sizes, and for all budgets they are becoming a new essential. Fried food favourites cooked in a healthy way sounds impossible but due to the technology of the air fryer you can cook classic chips using little or no oil at all.

So how does the technology actually work? The top section of an air fryer will house an ultra-hot heating mechanism and a fan. Food is placed in fryer style baskets and when the appliance is turned on the fan will force the hot air down and around the baskets covering the food with rushes of ultra-hot air. This rapid circulation of air causes the food to cook like a deep fryer but with very little or no oil required.

Through testing different styles of air fryer, we have come up with some handy tips to help you get the most from the air fryer.

1. **Baskets Are Best** – When using the air fryer always put your food into the baskets. The baskets allow for the circulation of air to be at a maximum and will, therefore, allow your food to cook and crisp more evenly.
2. **Don't Overcrowd** – The air fryer needs to be able to force the circulating air around your food so leave some space for air flow and don't overcrowd the baskets.
3. **Preheat** – To make the most of efficiency and to aid with crispy food preheat your air fryer. Simply set the temperature and turn on for 2-3 minutes before putting food in. The difference in results is staggering!
4. **The Golden Touch** – Although oil isn't a must have, to get a golden shine and crispy finish to dishes use a fine spray mist of oil over the food prior to cooking. Never spray the oil straight into the air fryer, always remove the baskets, spray, and then replace for additional cooking.
5. **Shake Or Flip** – Always remember to shake the baskets or flip the food throughout cooking. This will allow the air flow to cover all of the food giving an even crisp to the outside of your food.
6. **Is It Cooked** – When cooking meat products, the use of a probe style thermometer is key to ensuring the products are cooked correctly. A temperature of 75°C for 30 secs is required to ensure food is safe to consume.
7. **Reheating** – The air fryer is great for reheating leftovers that were crispy the first time round. Where a microwave may reheat the food, it doesn't re-crisp the outsides where the air fryer does. Ensure all food is piping hot throughout before consuming as you would with any other form of reheating but remember it's going to be crispy.
8. **Clean After Every Use** – This is key to ensuring that your air fryer continues to be efficient and effective. Allow to cool before cleaning and clean thoroughly including the top part where the fan is located. Lining with foil can help collect any fat or juices and aid in cleaning.
9. **Catch The Fat** – If you are cooking fatty foods, like burgers, it's a good idea to catch the fat during cooking. Any fat that drops down will continue to get hot during cooking and could smoke if hot enough. A simple tip is to place a damp piece of bread in the bottom of the fryer to collect any dripping fat or juices.