

Manufacturer: Delma Industry Co., Ltd
Address: Luokeng, XinHui, JiangMen, China



Airfryer

Recipe Book

DELMA®

Airfryer Introduction

We all love the taste of deep fried foods, but not the calories or the mess of cooking with so much oil. The Delma Airfryer was created to solve this dilemma as its unique design lets you fry food with just a tablespoon or two of oil and drains excess fat from food while cooking.

This recipe book features just some of the food that you will be able to cook in your Delma Airfryer. From French fries to spring rolls to even soufflés, the possibilities are limitless! The Airfryer lets you fry, bake, grill and steam healthier, faster and more conveniently.

We hope that you will enjoy using the Airfryer as many others have around the world, and the recipes inside inspire you to cook healthy, well-balanced meals for you and your family.



11 Tips for Using the Airfryer

1. When making smaller items such as fries, wings and croquettes, shake the basket once or twice during cooking. This ensures the food is cooked evenly.
2. Don't overcrowd the cooking basket. This impacts how well the air circulates around the food, increases cooking time and causes sub-optimal results.
3. Oil sprays and misters are excellent choices to evenly apply oil to food prior to cooking. They can also be used to spray the bottom of the mesh cooking basket to ensure food does not stick.
4. Preheat the Airfryer for 3 minutes. This is sufficient time for the Airfryer to reach the desired temperature.
5. To loosen any food particles that remain on the cooking basket after use, soak the cooking basket in soapy water prior to scrubbing or placing in the dishwasher.
6. When cooking foods that are naturally high in fat, such as chicken wings, occasionally empty fat from the bottom of the Airfryer during cooking to avoid excess smoke.
7. When cooking foods that have been marinated or soaked in liquid, pat food dry before cooking to avoid splattering and excess smoke.
8. For foods that require breading, coat in small batches to ensure even application. Press breading onto food to ensure it adheres. If breading is too dry, pieces may become airborne causing excess smoke or becoming trapped behind exhaust filter.
9. A variety of pre-made packaged foods can be cooked in the Airfryer. As a guide, lower the conventional oven temperature by 70 degrees and reduce the cooking time by half. Exact times and temperatures will vary by food.
10. When using parchment paper or foil, trim to leave a ½ inch space around bottom edge of the basket.
11. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



		Min-max amount (oz.)	Time (min.)	Temp. °F	Shake halfway	Extra information
Thin frozen fries		10-25	12-16	390		
Thick frozen fries		10-25	12-20	390		
Homemade fries		10-28	18-25	360		Soak 30 min. and add 1/2 tbsp. of oil after drying
Potato wedges		10-28	18-22	360		Soak 30 min. and add 1/2 tbsp. of oil after drying
Potato cubes		10-25	12-18	360		Soak 30 min. and add 1/2 tbsp. of oil after drying
Cheese sticks		4-16	8-10	360		Use ovenbaked
Chicken nuggets		4-18	6-10	390		Use ovenbaked
Fish sticks		4-16	6-10	390		Use ovenbaked
Steak		4-18	8-12	360		
Pork chops		4-18	10-14	360		
Hamburger		4-18	7-14	360		
Chicken wings		4-18	18-22	360		
Drumsticks		4-18	18-22	360		
Chicken breast		4-18	10-15	360		

Side Dishes

Crispy Potato Skin Wedges.....	6
French Fries.....	7
Potato Croquettes.....	8
Potatoes au Gratin	9
Rosemary Russet Potato Chips	10

Appetizers

Bacon Wrapped Shrimp	11
Cheddar Bacon Croquettes.....	12
Crispy Fried Spring Rolls.....	13
Crab Croquettes	14
Feta Triangles	15
Korean BBQ Satay	16
Jerk Chicken Wings.....	17
Moroccan Meatballs with Mint Yogurt.....	18
Pigs in a Blanket.....	19
Stuffed Garlic Mushrooms.....	20

Entrees

Chimichurri Skirt Steak.....	21
Roasted Heirloom Tomato with Baked Feta.....	22
Portabella Pepperoni Pizza.....	23
Mushroom, Onion and Feta Frittata	24
Roasted Cornish Hens	25
Salmon with Dill Sauce.....	26
Teriyaki Glazed Halibut Steak	27
Cajun Shrimp.....	28

Kids Meals

Cod Fish Nuggets.....	29
Country Chicken Tenders.....	30
Grilled Cheese.....	31
Mini Cheeseburger Sliders	32

Desserts

Peanut Butter Marshmallow Fluff Turnovers	33
Vanilla Soufflé.....	34

Frequently Asked Questions.....	35
---------------------------------	----



Crispy Potato Skin Wedges

ACTIVE: 40 MIN | TOTAL: 1 HR 40 MIN | SERVES: 4

4 medium russet potatoes
1 cup water
3 tablespoons canola oil
1 teaspoon paprika
¼ teaspoon black pepper
¼ teaspoon salt

1. Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.
2. In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the AirFryer to 390°F. Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook each batch for 13-15 minutes or until golden brown.

French Fries

ACTIVE: 10 MIN | TOTAL: 1 HR | SERVES: 4

2 medium russet potatoes, peeled
1 tablespoon olive oil

1. Peel the potatoes and cut them into 1/2 inch by 3 inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
2. Preheat the Airfryer to 330°F. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly. Add the potatoes to the cooking basket and cook for 5 minutes, until crisp. Remove from the basket and allow to cool on a wire rack.
3. Increase the temperature of the Airfryer to 390°F and add the pre-cooked potatoes back into the basket, cooking for another 10-15 minutes or until golden brown. Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.



Potato Croquettes

ACTIVE: 30 MIN | TOTAL: 45 MIN | SERVES: 4

FOR THE FILLING

2 medium russet potatoes, peeled and cubed
1 egg yolk
½ cup parmesan cheese, grated
2 tablespoons all-purpose flour
2 tablespoons chives, finely chopped
1 pinch salt
1 pinch black pepper
1 pinch nutmeg

FOR THE BREADING

2 tablespoons vegetable oil
1 cup all-purpose flour
2 eggs, beaten
½ cup breadcrumbs

1. Boil the potato cubes in salted water for 15 minutes. Drain and mash finely in a large bowl using a potato masher or ricer. Cool completely. Mix in the egg yolk, cheese, flour and chives. Season with salt, pepper and nutmeg. Shape the potato filling into the size of golf balls and set aside.
2. Preheat the Airfryer to 390°F. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly. Place each potato ball into the flour, then the eggs and then the breadcrumbs and roll into a cylinder shape. Press coating to croquettes to ensure it adheres. Place half of the croquettes into the cooking basket, cooking each batch for 7-8 minutes or until golden brown.

Potatoes au Gratin

ACTIVE: 10 MIN | TOTAL: 25 MIN | SERVES: 4

3 medium russet potatoes, peeled
¼ cup milk
¼ cup cream
1 teaspoon black pepper
½ teaspoon nutmeg
¼ cup Gruyère or semi-mature cheese, grated

1. Preheat the Airfryer to 390°F. Slice the potatoes wafer-thin. In a bowl, mix the milk and cream and season to taste with salt, pepper and nutmeg. Coat the potato slices with the milk mixture.
2. Transfer the potato slices to a 6-inch quiche pan and pour the rest of the cream mixture from the bowl on top of the potatoes. Distribute the cheese evenly over the potatoes. Place the quiche pan in the cooking basket and slide the basket into the Airfryer. Set the timer to 15 minutes and bake the gratin until it is nicely browned.



Rosemary Russet Potato Chips

ACTIVE: 40 MIN | TOTAL: 1 HR 10 MIN | SERVES: 2

2 medium russet potatoes
1 tablespoon olive oil
1 teaspoon rosemary, chopped
1 pinch salt

1. Scrub the potatoes under running water to clean. Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water. Soak the potatoes for 30 minutes, changing the water several times. Drain thoroughly and pat completely dry with a paper towel.
2. Preheat the Airfryer to 330°F. In a mixing bowl, toss the potatoes with olive oil. Place them into the cooking basket and cook for 30 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly. When finished and still warm, toss in a large bowl with rosemary and salt.

Bacon Wrapped Shrimp

ACTIVE: 15 MIN | TOTAL: 35 MIN | SERVES: 4

1 pound tiger shrimp, peeled and deveined
1 pound bacon, thinly sliced, room temperature

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail. Return the wrapped shrimp to the refrigerator for 20 minutes.
2. Preheat the Airfryer to 390°F. Remove the shrimp from the refrigerator and add half of them to the cooking basket, cooking each batch for 5-7 minutes. Drain on a paper towel prior to serving.





Cheddar Bacon Croquettes

ACTIVE: 40 MIN | TOTAL: 50 MIN | SERVES: 6

FOR THE FILLING

1 pound sharp cheddar cheese, block
1 pound bacon, thinly sliced, room temperature

FOR THE BREADING

2 tablespoons olive oil
1 cup all-purpose flour
2 eggs, beaten
½ cup seasoned breadcrumbs

1. Cut the cheddar cheese block into 6 equally-sized portions, approximately 1-inch x 1¾-inch each. Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese. Trim any excess fat. Place the cheddar bacon bites in the freezer for 5 minutes to firm. Do not freeze.
2. Preheat the Airfryer to 390°F. Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly. Place each cheddar block into the flour, then the eggs and then the breadcrumbs. Press coating to croquettes to ensure it adheres. Place the croquettes in the cooking basket and cook for 7-8 minutes or until golden brown.

Crispy Fried Spring Rolls

ACTIVE: 20 MIN | TOTAL: 25 MIN | SERVES: 4

FOR THE FILLING

4 oz. cooked chicken breast, shredded
1 celery stalk, sliced thin
1 medium carrot, sliced thin
½ cup mushrooms, sliced thin
½ teaspoon ginger, finely chopped
1 teaspoon sugar
1 teaspoon chicken stock powder

FOR THE SPRING ROLL WRAPPERS

1 egg, beaten
1 teaspoon cornstarch
8 spring roll wrappers
½ teaspoon vegetable oil

1. Make the filling. Place the shredded chicken into a bowl and mix with the celery, carrot and mushrooms. Add the ginger, sugar and chicken stock powder and stir evenly.
2. Combine the egg with the cornstarch and mix to create a thick paste; set aside. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture. Preheat the Airfryer to 390°F. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Fry in two batches, cooking each batch for 3-4 minutes or until golden brown. Serve with sweet chilli sauce or soy sauce.





Crab Croquettes

ACTIVE: 20 MIN | TOTAL: 35 MIN | SERVES: 6

FOR THE FILLING

- 1 pound lump crab meat
- 2 egg whites, beaten
- 1 tablespoon olive oil
- ¼ cup red onion, finely chopped
- ¼ red bell pepper, finely chopped
- 2 tablespoons celery, finely chopped
- ¼ teaspoon tarragon, finely chopped
- ¼ teaspoon chives, finely chopped
- ½ teaspoon parsley, finely chopped
- ½ teaspoon cayenne pepper
- ¼ cup mayonnaise
- ¼ cup sour cream

FOR THE BREADING

- 3 eggs, beaten
- 1 cup all-purpose flour
- 1 cup panko breadcrumbs
- 1 teaspoon olive oil
- ½ teaspoon salt

1. In a small sauté pan over medium-high heat, add olive oil, onions, peppers, and celery. Cook and sweat until translucent, about 4-5 minutes. Remove from heat and set aside to cool.
2. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb. In three separate bowls, set aside panko mixture, eggs and flour. Combine remaining ingredients: crabmeat, egg whites, mayonnaise, sour cream, spices and vegetables in a large mixing bowl.
3. Preheat Airfryer to 390°F. Mold crab mixture to size of golf balls, roll each in flour, then in eggs and finally in panko. Press crumbs to croquettes to adhere. Place croquettes in basket, being careful not to overcrowd. Cook each batch for 8-10 minutes or until golden brown.

Feta Triangles

ACTIVE: 20 MIN | TOTAL: 30 MIN | SERVES: 5

- 1 egg yolk
- 4 ounces feta cheese
- 2 tablespoons flat-leafed parsley, finely chopped
- 1 scallion, finely chopped
- 5 sheets of frozen filo pastry, defrosted
- 2 tablespoons olive oil
- Ground black pepper to taste

1. Beat the egg yolk in a bowl and mix in the feta, parsley and scallion; season with pepper to taste. Cut each sheet of filo dough into three strips. Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag manner until the filling is wrapped in a triangle. Repeat until all the filo and feta has been used.
2. Preheat the Airfryer to 390°F. Brush the filo with a little oil and place five triangles in the cooking basket. Slide the basket into the Airfryer and cook for 3 minutes or until golden brown. Repeat the process with the remaining feta triangles and serve.





Korean BBQ Satay

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

1 pound boneless skinless chicken tenders
 ½ cup low sodium soy sauce
 ½ cup pineapple juice
 ¼ cup sesame oil
 4 garlic cloves, chopped
 4 scallions, chopped
 1 tablespoon fresh ginger, grated
 2 teaspoons sesame seeds, toasted
 1 pinch black pepper

1. Skewer each chicken tender, trimming excess meat or fat. Combine all other ingredients in a large mixing bowl. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
2. Preheat the Airfryer to 390°F. Pat chicken completely dry with a paper towel. Add half of the skewers to the cooking basket and cook each batch for 5-7 minutes.

Jerk Chicken Wings

ACTIVE: 15 MIN | TOTAL: 45 MIN | SERVES: 6

4 pounds chicken wings
 2 tablespoons olive oil
 2 tablespoons soy sauce
 6 cloves garlic, finely chopped
 1 habanero pepper, seeds and ribs removed, finely chopped
 1 tablespoon allspice
 1 teaspoon cinnamon
 1 teaspoon cayenne pepper
 1 teaspoon white pepper
 1 teaspoon salt
 2 tablespoons brown sugar
 1 tablespoon fresh thyme, finely chopped
 1 tablespoon fresh ginger, grated
 4 scallions, finely chopped
 5 tablespoons lime juice
 ½ cup red wine vinegar

1. In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade. Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
2. Preheat the Airfryer to 390°F. Remove the wings from the bag and drain all liquid. Pat wings completely dry with a paper towel. Place half the wings in the cooking basket and cook each batch for 14-16 minutes, shaking halfway through. Serve with blue cheese dipping sauce or ranch dressing.

