



Cook Book



Recipes to get started with Glen Air Fryer





Air Fryer

Great tasting fries, now go healthy, oil free !

Now give your favorite fried foods a make over. Instead of using fat to make fries, the revolutionary Glen Air Fryer uses superheated air.

It fries to a crispy golden-brown finish – and cuts the calories – in everything from fries, snacks, chicken, burgers, meat and more.

That same mouth-watering taste "crispy on the outside, moist on the inside" - without the oil.

Genuinely home made and extremely tasty.



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Potato Wedges

Here is something that goes well with just about anything, and they are super on their own too. They are easy to make in the Glen Air Fryer which turns out perfect Potato Wedges each time!

Ingredients

- 250 gm Potatoes
- 1 tablespoon Cooking Oil
- Dash of Paprika



Serves



Preparation
Time



Cooking

Method

- Scrub the Potatoes clean and cut into wedges.
- Soak the wedges in water for about 30 minutes.
- Drain and pat dry on a clean kitchen towel.
- Coat them with oil in a bowl and sprinkle some paprika powder.
- Cook in a preheated Glen Air Fryer for 20 min at 180 degrees.



Potato Wedges

Air Roasted Chicken with Tomatoes

This is a delicious combination of flavours and colours; serve it over fresh baby spinach or with other veggies, or pasta. A tasty, light meal the whole family will savour.

Ingredients

- 2 small chicken thighs with skin, deboned and excess fat removed
- 1 tablespoon cooking oil
- 2 tomatoes

Marinade

- 1 teaspoon dried thyme
- 1 teaspoon light soy sauce
- 2 cloves of garlic peeled and grated

Method

- Marinate the chicken for an hour.
- Preheat the air-fryer for 2 min at 180 degrees.
- Brush cooking oil on chicken skin.
- Roast in the air fryer for 15 min with skin facing down.
- Remove the chicken from the air fryer, collect the chicken oil and drizzle it over the tomatoes.
- Roast tomatoes for 6 min at 160 degrees.
- Note: for larger chicken thighs, cook longer till done.



Serves



Preparation
Time



Cooking



Air Roasted Chicken with Tomatoes

Roasted Peanuts

Put a plate of these and it's hard to resist cleaning up every single piece! Now, using a Glen Air Fryer, it's easy to make them at home, in minimum and good quality oil.

Ingredients

- 200 gm Peanuts
- 2 tablespoons gram flour
- ½ teaspoon salt
- ½ teaspoon Amchur
- 1 tablespoon oil
- 1 tablespoon water

Method

- Preheat the Air Fryer for 3 min at 180 degrees.
- Mix all the ingredients together in a bowl.
- Put them in to the air fryer and fry for 13-15 min till crisp.
- Turn them twice while they cook to get a uniform colour and texture.



Serves



Preparation
Time



Cooking



Roasted Peanuts

Cheese Straws

A wonderful cheesy crisp snack or appetizer which can also be served with soup, these straws look professional and taste even better.

Ingredients

- $\frac{3}{4}$ cup flour
- $\frac{1}{3}$ cup butter
- 1 small egg
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup processed cheese
- Pinch of red chilli powder

Method

- Sieve the flour and salt.
- Rub in the butter and add the grated cheese.
- Mix a beaten egg into this and knead to form a dough.
- Roll into an oblong and cut, twisting each piece to give the straw shape.
- Preheat the air fryer for 3 min at 190 degrees.
- Fry for 5-6 min turning, in between.

Note: The straws may take more time if they are very thick.



Serves



Preparation
Time



Cooking



Papad

That perennial favourite, papad, gets perfectly crisp cooked in the Glen Air Fryer.

Ingredients

- 2 Papads
- 1/2 salad tomato chopped into very small pieces (seeds removed)
- 1 small onion
- 1 green chilli

Method

- Cut each papad into two.
- Preheat the fryer for 3 min at 180 degrees.
- Add the papads.
- After 1 min turn and give one more minute.
- Remove and top it with chopped tomato, onion and green chilli.
- Serve hot.



Serves

Preparation
Time

Cooking



Papad

Cabbage Canapés

Canape is a decorative finger food, usually eaten in one bite. A canapé generally consists of a base of either crackers, bread, toast or puff pastry, followed by the application of some cream or butter paste topped with a canope of chopped vegetables, meat, fish, cheese, relish etc. That's a small definition of what a canapé is. It can be uses as appetizers.

Ingredients

- 1 small cabbage
- ¼ of an onion (chopped fine)
- ¼ piece of capsicum (chopped fine)
- ½ of a medium carrot grated
- 1 cube of Amul cheese grated



Serves

Preparation
Time

Cooking

Method

- Mix the onion, capsicum and carrot with ¼ of cheese.
- Cut the cabbage from the top in such a way that you can take out round pieces from it which forms the boat.
- In this put the onion cheese mixture and top it with remaining grated cheese.
- Make four such small boats.
- Preheat the Glen fryer for 3 min at 180 degrees.
- Put these in the fryer for 2 min.



Cabbage Canapés

Vegetable Cutlets

Vegetable cutlet is a very popular snack; it is very easy to make and can be had as an appetizer or light afternoon snack or evening snack with tea. It is also great for small parties and get-togethers.

Ingredients

- 200 gm Potatoes
- ½ a carrot grated
- 50 gm capsicum (finely chopped)
- 50 gm cabbage (finely chopped)
- Salt to taste
- A slice of bread
- Bread crumbs
- 1 teaspoon corn flour mixed in a little water

Method

- Boil and mash potatoes add carrot, cabbage and capsicum.
- Dip the slice of bread in water, squeeze the water out and add to the mixture. Add salt and mix well.
- Divide into 6 round balls and flatten them.
- Coat both sides with the corn flour mixture and then roll them over the bread crumbs.
- Brush them with a little oil and fry in the preheated Glen fryer for 15 min at 180 degrees, turning them after 8 min.
- Remove and serve hot with chutney or sauce.



Serves



Preparation Time



Cooking



Vegetable Cutlets

Arbi-on-a-toothpick

Arbi is generally served as dry side dish with dal and rice or chappatis. Made this way, it can also be served as an appetizer or cocktail snack.

Ingredients

- 250 gm Arbi, boiled
- 1 teaspoon Corn flour
- ½ teaspoon salt
- 1 teaspoon oil



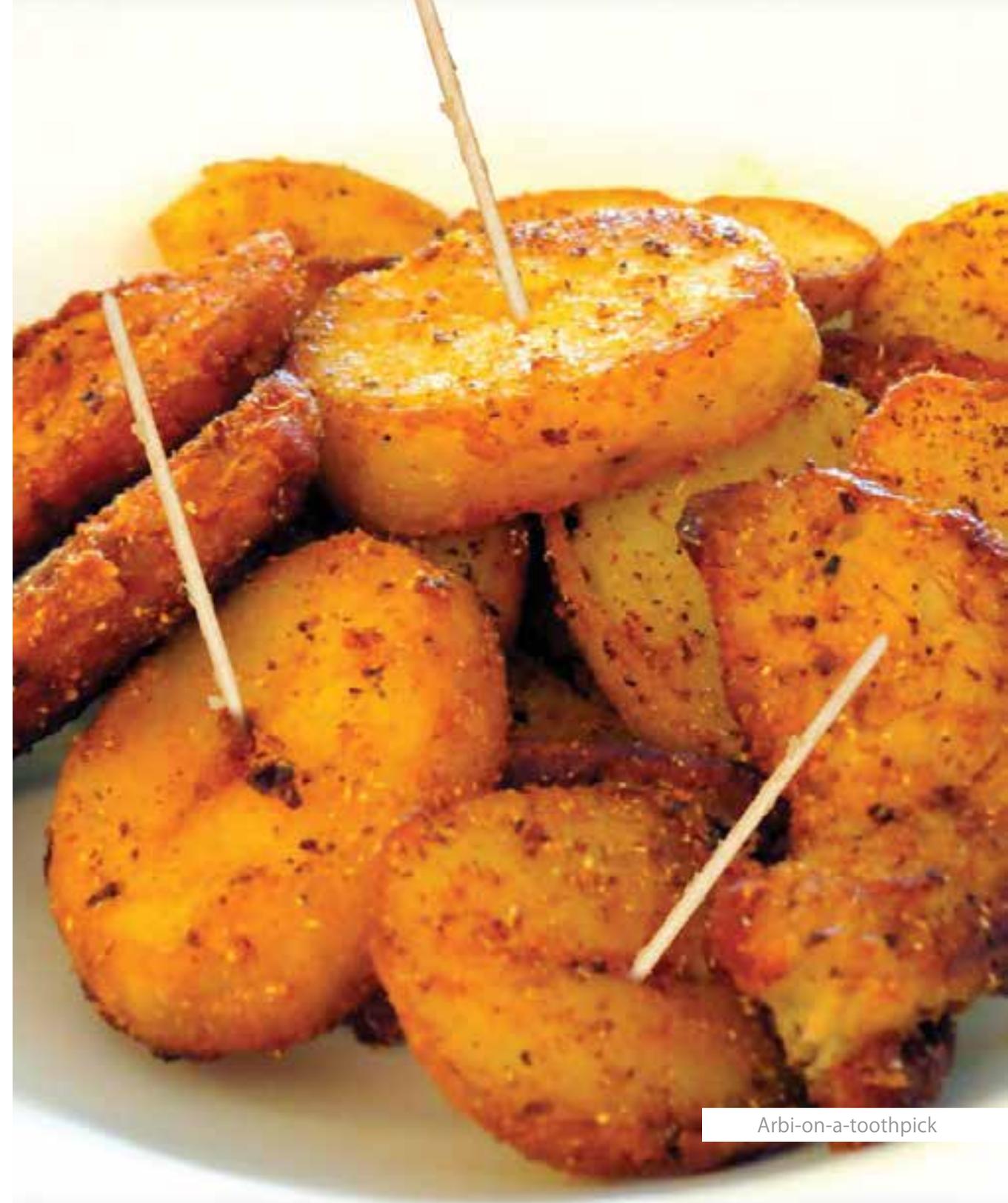
Serves

Preparation
Time

Cooking

Method

- Peel the arbi and cut into bite-size pieces.
- Put on the kitchen towel to dry.
- Sprinkle some corn flour mixed with salt.
- Brush with oil and put in the pre heated Glen fryer for 10-12 min at 180 degrees.
- Stick toothpicks on each piece and serve immediately.



Arbi-on-a-toothpick

Air Fry Fish Fillet

Air fried fish fillet is cooked to perfection with minimum oil, making it a very healthy item in your menu planning. Air frying makes the fish crisp on the outside and soft inside.

Ingredients

- 2 slices of fish
- 1 egg
- 50 gms bread flour
- Salt
- Pepper
- Tartar sauce



Serves



Preparation
Time



Cooking

Method

- Clean the fish fillet and drain excess water.
- Rub salt and pepper on the fish.
- Coat the fillets with egg and then with bread flour.
- Preheat the air fryer for 3 min.
- Put the fillets in the Glen Air Fryer at 200 degrees for 15 min turning once in-between.
- Serve with tartar sauce.



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