

*Habor Air Fryer*

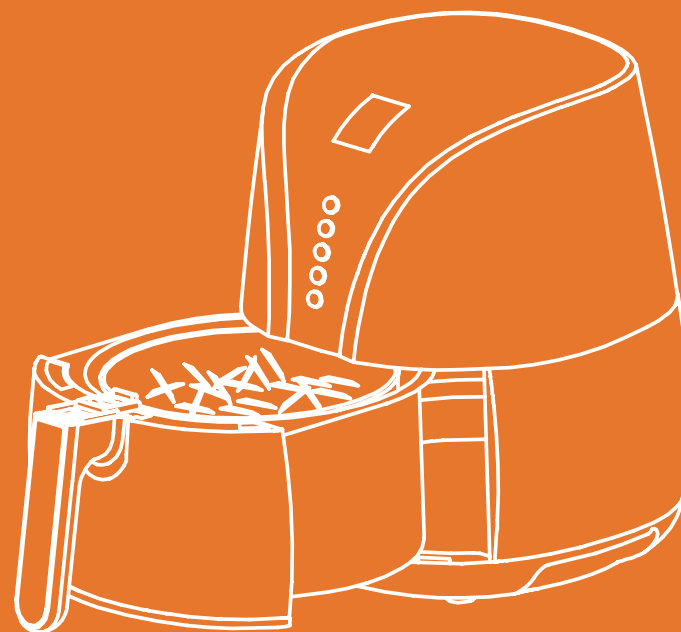
—— Recipe Book ——

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# HABOR



POTATO

MEAT

DESSERT

*Habor Air Fryer*

—— Recipe Book ——



## *Habor Air Fryer*

We all want to eat healthier food without losing flavor, texture and taste. The Air Fryer can give you fatless, healthy and tasty meal and snack, supporting to grill, bake, roast and fry with less oil. We hope that you will enjoy cooking healthy, well-balanced and delicious meals for you and your family when using the Air fryer.

## *10 Tips for Using the Habor Air Fryer*

- When making smaller items such as fries, wings and croquettes, shake the basket once or twice during cooking to make sure food is cooked evenly.
- Don't overcrowd the cooking basket. Because it will affect air circulating around the food, increase cooking time and cause unexpected results.
- 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 cooking basket to make sure that food does not stick.
- Preheat the Air Fryer for 3 minutes. It is necessary for the Air Fryer to reach the desired temperature.
- 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.
- When cooking foods that are naturally high in fat, such as chicken wings, please pour out fat from the bottom of the Air Fryer during cooking to avoid excess smoke.
- When cooking foods that have been marinated or soaked in liquid, pat food dry before cooking to avoid splattering and excess smoke.
- For foods that require breading, coat them in small batches. Press breading onto food evenly. If breading is too dry, it may cause excess smoke.
- A variety of premade packaged foods can be cooked in Air Fryer. Please power the conventional oven temperature by 75°F/20° degrees and reduce the cooking time by half. Exact times and temperatures vary from one to one.
- When using parchment paper or foil, please leave 0.5 inch around bottom edge of the basket.

*POTATO*

*MEAT*

*DESSERT*



# Guide To Times And Temperatures

	Min-max amount(oz.)	Time (min.)	Temp. °F/°C	Shake halfway	Extra information
Thin frozen fries	 11-43oz	9-19	350°F/180°C	✓	
Thick frozen fries	 11-43oz	12-22	350°F/180°C	✓	
Homemade fries	 11-32oz	15-22	350°F/180°C	✓	Soak in water for 30 minutes/Dry it out/Add cooking oil
	21-43oz	18-25			
Potato wedges	 11-21oz	18-21	350°F/180°C	✓	Soak in water for 30 minutes/Dry it out/Add cooking oil
	22-32oz	21-24			
Potato cubes	 11-21oz	12-15	350°F/180°C	✓	Soak in water for 30 minutes/Dry it out/Add cooking oil
	22-32oz	15-18			
Cheese sticks	 4-16oz	8-10	375°F/190°C	✓	Use oven ready
Chicken nuggets	 14oz	6-8	375°F/190°C	✓	
Fish sticks	 4oz-12oz	8-10	400°F/200°C		
Steak	 4oz-21oz	5-8/6-9	350°F/180°C		
Pork chops	 4oz-14oz	6-7	350°F/180°C		
Hamburger	 4oz-14oz	6-7	350°F/180°C		
Chicken wings	 4oz-21oz	10-12	350°F/180°C		
Chicken breast	 4oz-28oz	10-12	350°F/180°C		
Cake	 24oz	30	325°F/170°C		



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## French Fries

3 medium russet potatoes, peeled  
1 tablespoon olive oil

1. Peel the potatoes and cut them into 1/4 inch by 3 inch strips.
2. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat them dry with a paper towel.
3. Place the potatoes in a large bowl and add some oil to coat the potatoes evenly.
4. Preheat the Air Fryer to 350°F/180°C (3-5minutes).
5. Add the potatoes to cooking basket and cook for 20-30 minutes (350°F/180°C) until golden and crisp.

### Note:

- 1.Shake 2-3 times during cooking.
- 2.It is faster to cook thinner potatoes than thicker ones.



## Potato Croquettes

### FOR THE FILLING

4 medium russet potatoes, peeled  
and cubed  
2 egg yolks  
1 cup parmesan cheese, grated  
2 tablespoons all-purpose flour  
3 tablespoons chives, finely  
chopped

1 pinch salt

1 pinch black pepper  
1 pinch nutmeg

### FOR THE BREADING

3 tablespoons vegetable oil  
¾ cup all-purpose flour  
2 eggs, beaten  
¾ cup breadcrumbs

1. Cut potatoes into cube and boil the potato cubes in salted water for 15 minutes.
2. Drain and mash finely in a large bowl with a potato masher or ricer. Cool completely.
3. Mix it in the egg yolk, cheese, flour and chives and season like salt, pepper and nutmeg. Shape the potato filling into the size of golf balls and set aside.
4. Preheat the Air Fryer to 400°F/200°C(3-5minutes).
5. Add oil and breadcrumbs and stir until the mixture becomes loose. Place potato balls into the flour, adding eggs and breadcrumbs, and roll them into cylinder shape. Press coating to croquettes.
6. Place the croquettes into the cooking basket, cooking for 7-8 minutes (400°F/200°C) until golden brown.



## Potatoes au Gratin

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

1. Cut the potatoes into thinner pieces.
2. Put milk, cream, salt, pepper and nutmeg into a bowl, mix them and coat potato slices.
3. Preheat the Air Fryer to 400°F/200°C(3-5minutes).
4. Transfer the potato slices to a 8-inch heat-resistant baking dish and pour the rest of the cream mixture from the bowl on top of the potatoes. Place the baking dish in the cooking basket into the Air fryer. Set the timer and cook for 25 minutes(400°F/200°C) .
5. Remove cooking basket and pour the cheese evenly over the potatoes. Set the timer for 10 minutes(400°F/200°C) and bake the gratin until it is nicely browned.

**Tip:** You can replace 2 eggs with milk.



## Crispy Potato Skin Wedges

- 6 medium russet potatoes
- 2 tablespoons canola oil
- 1½ teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon salt

1. Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes. Cool completely (approximately 30 minutes) in the refrigerator.
2. Mix canola oil, paprika, salt and black pepper in a bowl. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
3. Preheat the Air Fryer to 400°F/200°C(3-5minutes). Add the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd.
4. Cook the wedges for 14-16 minutes(400°F/200°C) until golden brown.



## Rosemary Russet Potato Chips

- 4 medium russet potatoes
- 1 tablespoon olive oil
- 2 teaspoon rosemary, chopped
- 2 pinches 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.
2. Soak the potatoes for 30 minutes, and change water several times. Drain thoroughly and pat completely dry with a paper towel.
3. Preheat the Air Fryer to 325°F/170°C(3-5minutes).
4. Coat potatoes with olive oil in a mixing bowl. Place them into cooking basket and cook for 30 minutes(325°F/170°C) until golden brown, shaking frequently to ensure the chips are cooked evenly.
5. When finished,put them in a large bowl with rosemary and salt.



## Onion Rings

- 4 ounce Frozen onion rings, battered

1. Place frozen onion rings in the Fry Basket of Air Fryer .
2. Press Mode button, adjust the cooking time for 10 minutes at 350°F/180°C, and press“ON”.
3. When timer is finished, remove Fry Basket and toss onion rings.
4. Place Fry Basket back into the Air Fryer. Repeat Step 2 to adjust the cooking time for 10 minutes (or more if necessary).

## Mac'N Cheese Balls

2 Cup leftover macaroni and cheese

½ Cup cheddar cheese, shredded

3 Eggs

2 Cup milk

¾ Cup white flour

1 Cup bread crumbs, plain

1. Mix the shredded cheese with the leftover mac and cheese. Set aside.
2. Place the breadcrumbs in a bowl. Mix the egg and milk together and put them in a bowl.
3. Roll the mac and cheese balls in the egg mixture. Finally, roll in the breadcrumbs.
4. Place the mac and cheese balls in the Fry Basket.
5. Place the Fry Basket in the Air Fryer.
6. Adjust the cooking time for 10 minutes at 350°F/180°C, and press "ON" and rotate them halfway through the baking time.

## Bacon Wrapped Shrimp

1¼ pounds tiger shrimp, peeled and deveined (10 pieces)

1 pound bacon, thinly sliced, room temperature (10 slices)

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail.
2. Put the wrapped shrimp to the refrigerator for 20 minutes.
3. Preheat the Air Fryer to 400°F/200°C(3-5minutes).
4. Remove the shrimp from the refrigerator and add them to the cooking basket, cooking for 5-7 minutes(400°F/200°C) .



## Crispy Fried Spring Rolls

### 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 and set aside.
3. Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture.
4. Preheat the Air Fryer to 400°F/200°C(3-5minutes).
5. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Cook for 4-6 minutes(400°F/200°C) until golden brown.
6. Serve with sweet chili sauce or soy sauce.

## Stuffed Garlic Mushrooms

16 small button mushrooms

### FOR THE STUFFING

1½ slices of white bread 1 garlic clove, crushed  
1 tablespoon flat-leaved parsley, finely chopped Ground black pepper to taste  
1½ tablespoon olive oil

1. Preheat the Air Fryer to 400°F/200°C(3-5minutes).
2. Grind the slices of bread into fine crumbs in the food processor and mix garlic, parsley and pepper. When fully mixed, stir in the olive oil.
3. Cut off the mushroom stalks and fill the caps with the breadcrumbs. Put crumbs into caps. Place the mushroom caps in the cooking basket and put it into the Air Fryer.
4. Cook the mushrooms for 7-8 minutes(400°F/200°C) until golden and crispy.





## Chimichurri Skirt Steak

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 pound skirt steak                   | 1 tablespoon ground cumin      |
| 1 cup parsley, finely chopped         | 1 teaspoon cayenne pepper      |
| ¼ cup mint, finely chopped            | 2 teaspoons smoked paprika     |
| 2 tablespoons oregano, finely chopped | 1 teaspoon salt                |
| 3 garlic cloves, finely chopped       | ¼ teaspoon black pepper        |
| 1 teaspoon crushed red pepper         | ¾ cup olive oil                |
|                                       | 3 tablespoons red wine vinegar |

- Combine the ingredients for the chimichurri in a bowl.
- Cut the steak into 2 8-ounce portions and add to a resealable bag, along with ¼ cup of the chimichurri. Refrigerate for 2 hours, up to 24 hours. Remove from the refrigerator 30 minutes prior to cooking.
- Preheat the Air Fryer to 400°F/200°C(3-5minutes).
- Pat steak dry with a paper towel. Add the steak to the cooking basket and cook for 8-10 minutes(400°F/200°C) for medium-rare. Garnish with 2 tablespoons of chimichurri on top.

**Tip:** The time will vary depending upon the size of the steak and doneness you prefer.



## Coconut Shrimp

- |                                   |
|-----------------------------------|
| 12 large shrimp, raw              |
| 1 cup egg white, raw              |
| 1 cup coconut, dried, unsweetened |
| 1 tablespoon Cornstarch           |
| 1 cup Panko                       |
| 1 cup Flour, white                |

- Place the shrimp on paper towels.
- Mix the panko and coconut together in a pan and set aside. Mix cornstarch in a pan and set aside.
- Place the egg white in a bowl.
- Dip one shrimp at a time into mixture, then into the egg white, and finally into the coconut mixture.
- Place the coated shrimp into the Fry Basket and repeat until all the shrimp coated.
- Place the Fry Basket into the Air Fryer. Adjust cooking time for 10 minutes at 350°F/180°C.
- After 5 minutes, rotate all shrimp if needed.

## Jerk Chicken Wings

- |   |  |
|---|--|
| 3 pounds chicken wings                                    | 1 teaspoon white pepper                  |
| 2 tablespoons olive oil                                   | 1 teaspoon salt                          |
| 2 tablespoons soy sauce                                   | 2 tablespoons brown sugar                |
| 6 cloves garlic, finely chopped                           | 1 tablespoon fresh thyme, finely chopped |
| 1 habanero pepper, seeds and ribs removed, finely chopped | 1 tablespoon fresh ginger, grated        |
| 1 tablespoon allspice                                     | 4 scallions, finely chopped              |
| 1 teaspoon cinnamon                                       | 5 tablespoons lime juice                 |
| 1 teaspoon cayenne pepper                                 | ½ cup red wine vinegar                   |

1. Add all the ingredients in a bowl, covering the chicken thoroughly with the seasonings and marinade. Transfer to a 1 gallon resealable bag and refrigerate for 2 hours , up to 24 hours.
2. Preheat the Air Fryer to 400°F/200°C(3-5minutes).
3. Remove the wings from the bag and drain all liquid. Pat wings completely dry with a paper towel. Place the wings in the cooking basket and cook for 12-15minutes, shaking halfway through the cooking time.
4. Serve with blue cheese dipping sauce or ranch dressing.

Tip: If you cook only 1½ pounds (24 oz) chicken wings, cook for 12 minutes.

## Chicken Tenders

- 6 Chicken tenders
- 3 Large eggs
- ½ cup Flour, white
- 1 cup Panko
- 1 teaspoon Sea Salt
- ½ teaspoon black pepper
- 1 teaspoon olive oil
- ½ cup milk

1. Combine panko breadcrumbs with olive oil in a bowl.
2. Mix egg and milk in a bowl. Pour flour into a pan or bowl.
3. Dip chicken tenders into the flour, then into the egg mixture, and finally into the panko mixture. Place breaded tenders into the Fry Basket. Repeat Step 3 if necessary.
4. Place the Fry Basket into the Air Fryer. Adjust cooking time for 14 minutes at 400°F/200°C. Flip the tenders over halfway through the cooking time.
5. Enjoy your favorite dipping sauce.



## Roasted Chicken

5 pound chicken, whole, with skin  
1 teaspoon Garlic powder  
1 teaspoon onion powder  
1teaspoon Sea Salt  
1 teaspoon black pepper  
½ teaspoon thyme  
2 tablespoon olive oil

1. Season the turkey and coat with olive oi and put it for 45 minutes before cooking.
2. Place the chicken breast side down in the Fry Basket. Press M Button. Scroll to the Chicken Icon.
3. Adjust cooking time for 20 minutes at 350°F/180°C .
4. When time runs out, carefully turn the chicken over.
5. Adjust cooking time for 20 minutes at 350°F/180°C again.
6. Test the chicken with a thermometer for proper doneness (165°F/75°C).
7. Let it rest for 20 minutes before serving.

## Roasted Heirloom Tomato with Baked Feta

### FOR THE TOMATO

2 heirloom tomatoes  
1 8-ounce block of feta cheese  
½ cup red onions, sliced paper thin  
1 tablespoon olive oil  
1 pinch salt

### FOR THE BASIL PESTO

½ cup parsley, roughly chopped  
½ cup basil, rough chopped  
½ cup parmesan cheese, grated  
3 tablespoons pine nuts, toasted  
1 garlic clove  
½ cup olive oil  
1 pinch salt

1. Make the pesto. In a food processor, add parsley, basil, parmesan, garlic, toasted pine nuts and salt. Turn on the food processor and slowly add the olive oil. When all of the olive oil is incorporated into the pesto, store and refrigerate them.
2. Preheat the Air Fryer to 400°F/200°C(3-5minutes). Slice the tomato and the feta into ½ inch thick circular slices. Pat tomato dry with a paper towel. Spread 1 tablespoon of the pesto on top of each tomato slice and top with the feta. Toss the red onions with 1 tablespoon of olive oil and place on top of the feta.
3. Place the tomatoes/feta into the cooking basket and cook for 12-14 minutes(400°F/200°C) or until the feta starts to soften and brown. Put a pinch of salt and an additional spoonful of basil pesto in them.



## Mushroom, Onion and Feta Frittata

6 eggs  
4 cups button mushrooms, cleaned  
1 red onion  
2 tablespoons olive oil  
6 tablespoons feta cheese, crumbled  
1 pinch salt

1. Peel and slice a red onion into ¼ inch thin slices.
2. Clean button mushrooms, and then cut into ¼ inch thin slices.
3. In a sauté pan with olive oil, sweat onions and mushrooms under a medium flame until tender. Remove from heat and place on a dry kitchen towel to cool.
4. Preheat the Air Fryer to 325°F/170°C(3-5minutes).
5. Crack 6 eggs with whisk thoroughly and vigorously, adding a pinch of salt. Pour eggs into the baking dish with onion and mushroom mixture and cheese. Place the baking dish in the cooking basket and cook in the Air Fryer for 27-30 minutes(325°F/170°C).
6. The frittata is done when you can stick a knife into the middle, and the knife comes out clean.

## Salmon with Dill Sauce

### FOR THE SALMON

1½ pounds salmon  
(4 pieces, 6oz each)  
2 teaspoons olive oil  
1 pinch salt

### FOR THE DILL SAUCE

½ cup non-fat greek yogurt  
½ cup sour cream  
1 pinch salt  
2 tablespoons dill, finely chopped

1. Preheat the Air Fryer to 275°F/150°C(3-5minutes).
2. Cut the salmon into four 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece. Season with a pinch of salt. Place the salmon into the cooking basket and cook for 20-23 minutes(275°F/150°C).
3. Make the dill sauce. Mix the yogurt, sour cream, chopped dill and salt. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.





## Grilled Cheese

4 slices of brioche or white bread  
 ½ cup sharp cheddar cheese  
 ¼ cup butter, melted

1. Preheat the Air Fryer to 350°F/180°C (3-5 minutes).
2. Place cheese and butter in separate bowls. Brush the butter on each side of 4 slices of bread.
3. Place the cheese on 2 pieces of bread. Put the grilled cheese together and add to the cooking basket.
4. Cook for 5-7 minutes (350°F/180°C) until the bread is golden and the cheese is melted.



## Donuts

½ ounce yeast	½ cup milk, nonfat
1 large egg	½ teaspoon cinnamon
2 tablespoon butter, unsalted	½ teaspoon nutmeg
2½ cup flour, white	½ teaspoon sea salt
½ cup sugar	1 tablespoon cinnamon
1 cup sugar	1 egg yolk
2 tablespoon milk	

1. In a mixer add the yeast, ½ cup sugar and ½ cup milk. Mix all the dry ingredients in a bowl.
2. Add one egg to the mixer with all the dry ingredients and mix until it forms a ball.
3. Set aside and separate them into double in size. When the dough is ready, place on the counter and roll out to 1 inch thickness.
4. With round cutters make doughnuts. Place in the Fry Basket.
5. Mix egg yolk and 2 Tbsp. milk to make egg wash.
6. Brush the doughnuts with egg wash. Place the Fry Basket into the Air Fryer.
7. Adjust cooking time for 16 minutes at 300°F/160°C.
8. Turn the doughnuts over during cooking.
9. Mix ½ cup of sugar and 1 Tbsp. cinnamon. Dip into mixture when doughnuts are still warm.



## Cheesecake

- 1 pound cream cheese
- 2 eggs, large
- ½ teaspoon Vanilla Extract
- 1 cup honey graham cracker crumbs
- ½ cup sugar
- 2 tablespoon butter, unsalted

1. Cut a circle out of a piece of parchment paper. Place it in the Baking Pan.
2. Mix the butter and graham cracker crust together and press into the Baking Pan.
3. Place the Baking Pan in the Fry Basket of Air Fryer .
4. Adjust cooking time for 4 minutes at 350°F/180°C.
5. In a mixer, blend cream cheese and add the sugar. Add one egg at the same time until creamy. Add the vanilla and mix well.
6. Remove the Fry Basket from the Air Fryer and pour the cheese mixture on top of the graham cracker crust.
7. Place the cheesecake back into the Air Fryer.
8. Adjust cooking time for 15 minutes at 300°F/160°C.
9. Chill for 3 hours before serving.



## Cherry Pie

- 21 oz. cherry pie filling
- 2 premade pie crusts, refrigerated
- 1 egg yolk
- 1 tablespoon milk

1. Press pie crust into the Pie Pan leaving the excess hanging over. With a fork, poke holes on the dough all over.
2. Place the Pie Pan into the Fry Basket and into the Air Fryer .
3. Adjust cooking time to 5 minutes at 300°F/160°C.
4. Remove the Fry Basket and carefully take out the Pie Pan. Remove the excess dough hanging over the Pie Pan. Pour cherry filling into the pie crust.
5. Roll the last crust out and cut it into 3/4 inch strips. Place the strips going one way across the top and the opposite way across to make a lattice.
6. Mix the egg and the milk. Brush the pie with the egg wash.
7. Place the Pie Pan into the Fry Basket and then into the Air Fryer.
8. Adjust cooking time for 15 minutes at 300°F/160°C.
9. When done, set aside to cool and serve with vanilla ice cream or ice cream you prefer.