

Innsky Recipes

32
Dishes



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Sanata Maria Ribeye

PREP TIME: 11 MINUTES
COOK TIME: 6 MINUTES

TEMPERATURE: 400°F/200°C

Ingredients

- ¾ teaspoon kosher salt
- ¾ teaspoon finely ground black pepper
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- ¾ teaspoon dried oregano
- A pinch dried rosemary
- A pinch cayenne pepper
- A pinch dried sage
- 1 ribeye (16 ounces), boneless
- 1 tablespoon olive oil

Directions

- **SELECT** Preheat on the Air Fryer and press Start/Pause.
- **MIX** together the seasonings and sprinkle over the steak evenly.
- **DRIZZLE** olive oil onto the steak.
- **PLACE** the steak in the preheated air fryer.
- **SELECT** Steak and press Start/Pause.
- **REMOVE** the steak from the air fryer when done cooking. Allow to rest for 10 minutes before slicing and serving.

"Fried" Chicken

PREP TIME: 2 HOURS
COOK TIME: 25 MINUTES

TEMPERATURE: 380°F/190°C

Ingredients

- 2 chicken legs
- 2 chicken thighs, bone-in, skin on
- 1 cup buttermilk
- 1½ cups all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon black or white pepper
- 1 teaspoon salt
- 2 tablespoons oil
- Nonstick** cooking spray

Directions

- **COMBINE** chicken legs, thighs, and buttermilk in a ziplock bag. Marinate for 1-1½ hours.
- **MIX** flour, spices, and salt in a bowl.
- **TAKE** chicken legs and thighs straight from the bag and dredge in flour. Make sure chicken is completely covered. Then place on a cooling rack for 15 minutes.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/190°C, and press Start/Pause.
- **DAB** a kitchen brush into the oil and gently brush onto the chicken legs and thighs on each side.
- **PLACE** the legs and thighs into the preheated air fryer.
- **SELECT** Chicken and press Start/Pause.
- **FLIP** the chicken halfway through cooking and spray with cooking spray.
- **ALLOW** to cool for 5 minutes when done cooking, then serve.



Air Fried Whole Chicken

PREP TIME: 10 MINUTES
COOK TIME: 1 HOUR 10 MINUTES

TEMPERATURE: 320°F/160°C

Ingredients

- 1 whole chicken (5 pounds)
- 3 tablespoons paprika
- 2 tablespoons white pepper
- 3 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons lemon pepper
- 2 teaspoons ground thyme
- 3 tablespoons salt
- Nonstick** cooking spray

Directions

- **CLEAN** chicken and pat with paper towels to ensure the skin is dry.
- **MIX** together all the seasonings in a bowl.
- **SPRAY** the whole chicken with cooking spray and then generously rub seasoning mix all over.
- **PLACE** the chicken into the Innsky Air Fryer basket with the legs down.
- **SET** the temperature to 320°F/160°C, time to 60 minutes, and press Start/Pause.
- **FLIP** the chicken over after 30 minutes.
- **COOK** for the remaining 30 minutes, or until internal temperature of the chicken is 165°F.
- **ALLOW** the chicken to rest for 15 minutes, then serve.



Grilled Cheese

PREP TIME: 5 MINUTES
COOK TIME: 8 MINUTES
TEMPERATURE: 320°F/160°C

Ingredients

- 3 teaspoons butter, melted
- 4 slices white bread
- ½ cup sharp cheddar cheese, shredded, divided

Directions

- **SELECT** Preheat on the Air Fryer, adjust to 320°F, and press Start/Pause.
- **BRUSH** butter on each side of the bread slices.
- **SPLIT** the cheese evenly on 2 slices of bread and top with remaining slices to make 2 sandwiches.
- **PLACE** the grilled cheese sandwiches in the preheated air fryer.
- **SELECT** Bread and press Start/Pause.
- **CUT** diagonally and serve.





BBQ Bacon

PREP TIME: 2 MINUTES
COOK TIME: 8 MINUTES

TEMPERATURE: 320°F/160°C

Ingredients

1 tablespoon dark brown sugar
2 teaspoons chili powder
¼ teaspoon ground cumin
¼ teaspoon cayenne pepper
4 slices bacon, halved

Directions

- **MIX** together the seasonings until well combined.
- **DREDGE** the bacon in the seasoning until fully coated. Set aside.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 320°F/160°C, and press Start/Pause.
- **PLACE** the bacon into the preheated air fryer.
- **SELECT** Bacon and press Start/Pause.



Garlic Lemon Chicken

PREP TIME: 3 MINUTES
COOK TIME: 20 MINUTES

TEMPERATURE: 380°F/193°C

Ingredients

2 tablespoons olive oil
1 lemon, juiced & zested
1 tablespoon garlic powder
2 teaspoons paprika
1½ teaspoons salt
1 teaspoon dried oregano
½ teaspoon black pepper
½ teaspoon brown sugar
6 chicken legs, skin on

Directions

- **MIX** together the olive oil, lemon juice, lemon zest, garlic powder, paprika, salt, oregano, black pepper, and brown sugar in a small bowl.
- **COVER** the chicken legs in the marinade and let sit for 30 minutes.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **PLACE** the chicken thighs into the preheated air fryer.
- **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.



Chicken Tikka Drumsticks

PREP TIME: 1 HOUR
COOK TIME: 20 MINUTES

TEMPERATURE: 350°F/175°C

Ingredients

½ cup coconut milk
1½ tablespoons tomato paste
1 teaspoon garam marsala
1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon cardamom
1 teaspoon garlic powder
1 tablespoon ginger, grated
1 teaspoon salt
4 chicken drumsticks

Directions

- **COMBINE** everything except chicken into a bowl and mix.
- **SOAK** chicken legs in the coconut marinade and toss until legs are well covered. Marinate for up to 1 hour.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/175°C, and press Start/Pause.
- **REMOVE** the chicken legs from the fridge and put them into the preheated air fryer.
- **COOK** at 350°F/175°C for 20 minutes.
- **SERVE** with steamed basmati rice.



Pig in a Blanket

PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES
TEMPERATURE: 400°F/200°C

Ingredients

½ sheet puff pastry, thawed
16 cocktail-size smoked link sausages
1 tablespoon milk

Directions

- **SELECT** Preheat on the Innsky Air Fryer and press Start/Pause.
- **CUT** the puff pastry into 2½ x 1½-inch strips.
- **PLACE** a cocktail sausage on one end of the puff pastry and wrap the dough around the sausage, sealing the dough together with some water.
- **BRUSH** the upside (seam-side down) of the wrapped sausages with milk and place in the preheated air fryer.
- **COOK** at 400°F/200°C for 10 minutes, or until golden brown.



Honey-Sriracha Wings

PREP TIME: 5 MINUTES **TEMPERATURE:** 380°F/193°C
COOK TIME: 30 MINUTES

Ingredients

½ teaspoon smoked paprika	1 pound chicken wings
½ teaspoon garlic powder	Nonstick cooking spray
½ teaspoon onion powder	½ cup honey
½ teaspoon salt	½ cup Sriracha
¼ teaspoon black pepper	1 tablespoon rice wine vinegar
2 tablespoons cornstarch	¼ teaspoon sesame oil

Directions

- **SELECT** Preheat, adjust to 380°F/193°C, and press Start/Pause.
- **MIX** together the smoked paprika, garlic powder, onion powder, salt, black pepper, and cornstarch.
- **TOSS** the wings in the seasoned cornstarch until all the wings are evenly coated.
- **SPRAY** the wings with cooking spray and mix around until all the wings are coated with oil.
- **PLACE** the wings in the preheated air fryer.
- **SELECT** Chicken, adjust time to 30 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking. (Rotate the trays and swap to ensure even cooking.)
- **WHISK** together the honey, Sriracha, rice wine vinegar, and sesame oil in a large bowl.
- **TOSS** the cooked wings in the sauce until they are well coated and serve.



Mongolian Chicken Wings

PREP TIME: 15 MINUTES **TEMPERATURE:** 380°F/193°C
COOK TIME: 25 MINUTES

Ingredients

1½ pounds chicken wings	2 tablespoons rice wine vinegar
1½ tablespoons vegetable oil	1 tablespoon Sriracha
Salt & pepper, to taste	3 garlic cloves, minced
¼ cup low-sodium soy sauce	1 tablespoon fresh ginger, grated
¼ cup honey	1 green onion, chopped, for garnish

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **TOSS** chicken wings, oil, salt, and pepper together until well coated.
- **PLACE** coated chicken wings into the preheated air fryer.
- **SELECT** Chicken and press Start/Pause.
- **COMBINE** soy sauce, honey, rice wine vinegar, Sriracha, garlic, and ginger in a saucepan.
- **BRING** to a simmer until the flavors meld and the glaze reduces slightly, about 10 minutes.
- **TRANSFER** wings, after 20 minutes, into a large bowl and toss with the glaze.
- **RETURN** wings to the air fryer baskets/racks and finish cooking for the remaining 5 minutes.
- **GARNISH** with green onions and serve.



Fried Mozzarella Bites

PREP TIME: 10 MINUTES **TEMPERATURE:** 350°F/175°C
COOK TIME: 8 MINUTES

Ingredients

6 pieces string cheese	1 tablespoon milk
2 tablespoons all-purpose flour	1 cup panko breadcrumbs
1 teaspoon cornstarch	1 teaspoon dried parsley flakes
½ teaspoon salt	Nonstick cooking spray
¼ teaspoon black pepper	Marinara sauce or ranch, for serving
2 eggs, beaten	

Directions

- **CUT** the string cheese into thirds, making 18 pieces.
- **MIX** together the flour, cornstarch, salt, and pepper in a bowl. Whisk together the eggs and milk in a separate bowl. Combine the panko breadcrumbs and parsley flakes in an additional bowl.
- **COAT** each piece of cheese with flour, then dip in egg, and then roll in breadcrumbs. Dip in egg and breadcrumbs again.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/175°C, and press Start/Pause.
- **SET** the mozzarella bites in the freezer while the air fryer is preheating.
- **PLACE** the coated mozzarella bites into the preheated air fryer and spray liberally with cooking spray.
- **SELECT** Frozen Foods, set time for 8 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking (Rotate the trays and swap to ensure even cooking).
- **SERVE** with a side of your favorite marinara sauce, or even better, ranch.



Pork Katsu

PREP TIME: 10 MINUTES **TEMPERATURE:** 360°F/182°C
COOK TIME: 14 MINUTES

Ingredients

2 pork chops (6 ounces), boneless	¼ teaspoon white pepper
½ cup panko breadcrumbs	½ cup all-purpose flour
1 teaspoon garlic powder	2 eggs, beaten
1 teaspoon onion powder	Nonstick cooking spray
1 teaspoon salt	

Directions

- **PLACE** pork chops into a ziplock bag or cover with plastic wrap.
- **POUND** the pork with a rolling pin or meat hammer until it has a ½-inch thickness.
- **COMBINE** the breadcrumbs and seasonings in a bowl. Set aside.
- **DREDGE** each pork chop in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixture.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 360°F/182°C, and press Start/Pause.
- **SPRAY** both sides of the pork with cooking spray and place into the preheated air fryer.
- **COOK** the pork chops at 360°F/182°C for 14 minutes.
- **REMOVE** from air fryer when done cooking, and allow to rest for 5 minutes.
- **SLICE** into pieces and serve.



Cajun-Style Shrimp

PREP TIME: 3 MINUTES **TEMPERATURE:** 370°F/188°C
COOK TIME: 5 MINUTES

Ingredients

1½ teaspoons salt	¼ teaspoon cayenne pepper
1 teaspoon smoked paprika	¼ teaspoon black pepper
1 teaspoon garlic powder	¼ teaspoon dried thyme
1 teaspoon Italian seasoning	1 pound large shrimp, peeled & deveined
1 teaspoon chili powder	1½ tablespoons olive oil
½ teaspoon onion powder	Lime wedges, for serving

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 370°F/188°C, and press Start/Pause.
- **COMBINE** all the seasonings together in a large bowl. Set aside.
- **TOSS** the shrimp with olive oil until the shrimp is evenly coated.
- **SPRINKLE** the seasoning mix onto the shrimp and toss until well coated.
- **PLACE** the shrimp into the preheated air fryer.
- **SELECT** Shrimp, adjust time to 5 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking (Rotate the trays and swap to ensure even cooking).
- **SERVE** with lime wedges.



Coconut Shrimp

PREP TIME: 8 MINUTES **TEMPERATURE:** 350°F/176°C
COOK TIME: 8 MINUTES

Ingredients

¼ cup all-purpose flour	1 tablespoon milk
1 teaspoon salt, divided	¼ cup panko breadcrumbs
½ teaspoon black pepper, divided	½ cup unsweetened flaked coconut
½ teaspoon garlic powder, divided	½ pound large shrimp, peeled (tails left on) & deveined
½ teaspoon paprika, divided	Nonstick cooking spray
2 large eggs, beaten	

Directions

- **MIX** together the flour and half of the seasonings and spices in one bowl. Whisk together the eggs and milk in a separate bowl.
- **COMBINE** the panko breadcrumbs, coconut, and the other half of the seasonings and spices in an additional bowl.
- **COAT** each shrimp with flour, then dip in egg, and then roll in breadcrumbs and coconut. Dip in egg and crumbs again. Set aside.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause.
- **ADD** the shrimp evenly into the preheated air fryer and spray with nonstick cooking spray.
- **SELECT** Frozen Foods, adjust time to 8 minutes, and press Start/Pause.
- **FLIP** the shrimp halfway through cooking (Rotate the trays and swap to ensure even cooking).



Lamb Shawarma Skewers

PREP TIME: 12 MINUTES
COOK TIME: 8 MINUTES
TEMPERATURE: 400°F/200°C

Ingredients

¼ pound ground lamb
1 teaspoon cumin
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon cinnamon
½ teaspoon turmeric
½ teaspoon fennel seeds
½ teaspoon ground coriander seed
½ teaspoon salt
4 bamboo skewers (9 inches)

Directions

- **COMBINE** all ingredients in a bowl and mix well.
- **SKEWER** 3 ounces of meat onto each stick, then place in the fridge for 10 minutes.
- **SELECT** Preheat on the Innsky Air Fryer and press Start/Pause.
- **PLACE** skewers into the preheated air fryer, select Steak, adjust time to 8 minutes, and press Start/Pause.
- **SERVE** with lemon yogurt dressing or by itself.



Yogurt Chicken Skewers

PREP TIME: 4 HOURS 10 MINUTES **TEMPERATURE:** 400°F/200°C
COOK TIME: 10 MINUTES

Ingredients

½ cup plain whole milk Greek yogurt
1 tablespoon olive oil
1 teaspoon paprika
¼ teaspoon cumin
½ teaspoon crushed red pepper
1 lemon, juiced & zested
1 teaspoon salt
¼ teaspoon freshly ground black pepper
4 garlic cloves, minced
1 pound chicken thighs, boneless, skinless, cut into 1½-inch pieces
2 wooden skewers, halved
Nonstick cooking spray

Directions

- **MIX** together the yogurt, olive oil, paprika, cumin, red pepper, lemon juice, lemon zest, salt, pepper, and garlic in a large bowl.
- **ADD** the chicken to the marinade and marinate in the fridge for at least 4 hours.
- **SELECT** Preheat and press Start/Pause.
- **CUT** the marinated chicken thighs into 1½-inch pieces and skewer them onto the halved skewers.
- **PLACE** skewers into the preheated air fryer and spray with cooking spray.
- **COOK** at 400°F/200°C for 10 minutes.



Prosciutto-Wrapped Asparagus

PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES
TEMPERATURE: 300°F/150°C

Ingredients

12 spears asparagus
 2 teaspoons olive oil
 Salt & pepper, to taste
 12 slices prosciutto

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 300°F/150°C, and press Start/Pause.
- **CUT** off the woody ends of the asparagus spears and discard.
- **DRIZZLE** and coat the asparagus spears with oil. Season with salt and pepper.
- **WRAP** 1 slice of prosciutto around each asparagus spear, top to bottom, and place into the preheated air fryer.
- **SELECT** Vegetables, set time for 10 minutes, and press Start/Pause.



Roasted Garlic Broccoli

PREP TIME: 3 MINUTES
COOK TIME: 10 MINUTES
TEMPERATURE: 300°F/150°C

Ingredients

1 large head broccoli, cut into florets
 1 tablespoon olive oil
 1 teaspoon garlic powder
 ½ teaspoon salt
 ¼ teaspoon black pepper

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 300°F/150°C, and press Start/Pause.
- **DRIZZLE** the broccoli with olive oil and toss together until evenly coated.
- **TOSS** the broccoli with the seasonings.
- **ADD** the broccoli to the preheated air fryer.
- **SELECT** Vegetables and press Start/Pause.

Roasted Corn

PREP TIME: 2 MINUTES
COOK TIME: 10 MINUTES
TEMPERATURE: 400°F/200°C

Ingredients

1 ear of corn, husks & silks removed, cut in half
 1 tablespoon butter, melted
 ¼ teaspoon salt

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 400°F/200°C, and press Start/Pause.
- **BRUSH** the melted butter all over the corn and season with salt.
- **PLACE** the corn in the preheated air fryer.
- **COOK** at 400°F/200°C for 10 minutes.
- **FLIP** the corn halfway through cooking (Rotate the trays and swap to ensure even cooking).



Potato Chips

PREP TIME: 40 MINUTES
COOK TIME: 25 MINUTES
TEMPERATURE: 330°F/165°C

Ingredients

2 liters water
 1 tablespoon salt
 2 large russet potatoes, thinly sliced
 1 tablespoon olive oil
 Salt & pepper, to taste

Directions

- **MIX** together the water and salt in a large bowl until all the salt dissolves.
- **THINLY** slice the potatoes. Using a mandolin is highly recommended (use a 1.5 mm blade).
- **SOAK** the potatoes in the salt water for 30 minutes.
- **DRAIN** the potatoes and pat them dry.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 330°F/165°C, and press Start/Pause.
- **COAT** the potato slices with olive oil.
- **LAYER** the oil-coated potatoes in the preheated air fryer.
- **COOK** the potatoes at 330°F/165°C for 25 minutes. Make sure to shake the baskets halfway through cooking.
- **SEASON** the potatoes with salt and pepper when done cooking.





Homemade French Fries

PREP TIME: 30 MINUTES
COOK TIME: 28 MINUTES
TEMPERATURE: 380°F/193°C

Ingredients

2 russet potatoes, cut into 3 x ½-inch strips
 1 liter cold water, for soaking potatoes
 2 tablespoons oil
 1 teaspoon garlic powder
 1 teaspoon paprika
 Salt & pepper, to taste
 Ketchup or ranch, for serving

Directions

- **CUT** the potatoes into 3 x ½-inch strips and soak in the water for 15 minutes.
- **DRAIN** the potatoes, rinse with cold water, and pat dry with paper towels.
- **ADD** oil and spices to the potatoes, tossing until they are coated evenly.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **ADD** the potatoes to the preheated air fryer.
- **SELECT** French Fries, adjust the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking.
- **REMOVE** the baskets from the air fryer when done cooking, and season the fries with salt and pepper.
- **SERVE** with ketchup or ranch.

Cajun French Fries

PREP TIME: 30 MINUTES
COOK TIME: 28 MINUTES
TEMPERATURE: 380°F/193°C

Ingredients

2 russet potatoes, peeled & cut into 3 x ½-inch strips
 1 liter cold water
 2 tablespoons oil
 1 tablespoon Cajun seasoning
 ¼ teaspoon cayenne pepper
 Ketchup or ranch, for serving

Directions

- **CUT** the potatoes into 3 x ½-inch strips and soak them in the water for 15 minutes.
- **DRAIN** them, rinse with cold water, and pat dry with paper towels.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 380°F/193°C, and press Start/Pause.
- **ADD** oil to the potato slices, and toss until they are coated evenly.
- **ADD** the potatoes to the preheated air fryer.
- **SELECT** French Fries, change the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking.
- **REMOVE** the baskets from the air fryer when done cooking, and season the fries with the Cajun seasoning and cayenne pepper.
- **SERVE** with ketchup or ranch.



Crispy Tofu

PREP TIME: 15 MINUTES
COOK TIME: 18 MINUTES
TEMPERATURE: 370°F/188°C

Ingredients

8 ounces firm tofu, cut into 1-inch cubes
 2 tablespoons soy sauce
 2 teaspoons rice vinegar
 2 teaspoons sesame oil
 3 tablespoons cornstarch

Directions

- **TOSS** the tofu, soy sauce, rice vinegar, and sesame oil together in a shallow bowl. Allow to marinate for 10 minutes.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 370°F/188°C, and press Start/Pause.
- **DRAIN** the tofu of the marinade and then toss the tofu in cornstarch until evenly coated.
- **PLACE** the tofu into the preheated air fryer.
- **SELECT** Shrimp, adjust the time to 18 minutes, and press Start/Pause.
- **SHAKE** the baskets halfway through cooking.



Onion Rings

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
TEMPERATURE: 370°F/188°C

Ingredients

1 small white onion, cut into ½-inch thick rounds & separated into rings
 1 cup panko breadcrumbs
 1 teaspoon smoked paprika
 1 teaspoon salt
 2 eggs
 1 cup buttermilk
 ½ cup all-purpose flour
 Nonstick cooking spray

Directions

- **SLICE** the onion into ½-inch thick rounds and separate the layers into rings.
- **COMBINE** the breadcrumbs, paprika, and salt in a bowl. Set aside.
- **WHISK** the eggs and buttermilk together until fully mixed.
- **DREDGE** each onion ring into the flour, then dip in the beaten eggs, and then the breadcrumb mixture.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 370°F/188°C, and press Start/Pause.
- **SPRAY** the onion rings liberally with cooking spray.
- **PLACE** onion rings in a single layer in the preheated air fryer baskets, and cook in batches at 370°F/188°C for 10 minutes until golden brown. Be sure to use cooking spray in between to make sure they are uniformly cooked.
- **SERVE** with your favorite dipping sauce.



Muffin Breakfast Sandwich

PREP TIME: 2 MINUTES
COOK TIME: 10 MINUTES

TEMPERATURE: 320°F/160°C

Ingredients

Nonstick cooking spray
1 slice white cheddar cheese
1 slice Canadian bacon
1 English muffin, split

1 tablespoon hot water
1 large egg
Salt & pepper, to taste

Directions

- **SPRAY** the inside of a 3-ounce ramekin with cooking spray and place into the Innsky Air Fryer.
- **SELECT** Preheat, adjust to 320°F/160°C, and press Start/Pause.
- **ADD** the cheese and Canadian bacon to 1 half of the English muffin.
- **PLACE** both halves of the muffin into the preheated air fryer.
- **POUR** the hot water and egg into the heated ramekin and season with salt and pepper.
- **SELECT** Bread, adjust to 10 minutes, and press Start/Pause.
- **TAKE** the English muffins out after 7 minutes, leaving the egg for the full time.
- **ASSEMBLE** your sandwich by placing the cooked egg on top of the English muffin and serve.



Breakfast Pizza

PREP TIME: 5 MINUTES
COOK TIME: 8 MINUTES

TEMPERATURE: 350°F/176°C

Ingredients

2 teaspoons olive oil
1 pre-made pizza dough (7 inches)
1 ounce low-moisture mozzarella cheese
2 slices smoked ham
1 egg
1½ tablespoons cilantro, chopped

Directions

- **BRUSH** olive oil on top of the premade pizza dough.
- **ADD** mozzarella cheese and smoked ham onto the dough.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause.
- **PLACE** the pizza into the preheated air fryer and cook for 8 minutes at 350°F/176°C.
- **REMOVE** baskets after 5 minutes and crack the egg on top of the pizza.
- **REPLACE** baskets into the air fryer and finish cooking. Garnish with chopped cilantro and serve.



Chocolate Soufflé

PREP TIME: 10 MINUTES
COOK TIME: 13 MINUTES
TEMPERATURE: 330°F/165°C

Ingredients

Butter, for greasing
Sugar, for coating
3 ounces bittersweet chocolate, chopped
¼ cup unsalted butter
2 eggs, yolks separated from whites
½ teaspoon pure vanilla extract
2 tablespoons all-purpose flour
3 tablespoons sugar
Powdered sugar, for dusting

Directions

- **GREASE** two 6-ounce ramekins with butter. Sprinkle sugar into the ramekins, shaking to spread around, then dumping out the excess.
- **MELT** chocolate and butter together in the microwave in 30 second intervals until the chocolate is fully melted, about 30 seconds to 1 minute.
- **WHISK** the egg yolks and vanilla extract vigorously into the melted chocolate to prevent scrambling. Stir in the flour until there are no lumps and set aside to cool.
- **BEAT** the egg whites in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
- **ADD** the sugar, a little at a time, continuing to beat at medium speed, then increasing to high speed until whites just hold stiff peaks. Set aside.
- **SELECT** Preheat on Innsky Air Fryer, adjust to 330°F/165°C, and press Start/Pause.
- **STIR** about ½ of the whites into the chocolate mixture to lighten. Then, add chocolate mixture to the remaining whites, folding gently but thoroughly.
- **SPOON** batter into the ramekins and place into the preheated air fryer.
- **BAKE** the soufflés at 330°F/165°C for 13 minutes.
- **DUST** the soufflés with powdered sugar and serve immediately.



Chocolate Chip Muffins

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

TEMPERATURE: 300°F/150°C

Ingredients

¼ cup granulated sugar	1 teaspoon baking powder
½ cup coconut milk or soy milk	¼ teaspoon baking soda
3 tablespoons coconut oil, liquidated	¼ teaspoon salt
½ teaspoon vanilla extract	½ cup dark chocolate chips
1 cup all-purpose flour	¼ cup pistachios, cracked (Optional)
2 tablespoons cocoa powder	Nonstick cooking spray

Directions

- **COMBINE** sugar, coconut milk, coconut oil, and vanilla extract in a small bowl, then set aside.
- **MIX** together flour, cocoa powder, baking powder, baking soda, and salt in a separate bowl and set aside.
- **MIX** your dry ingredients into your wet, gradually, until smooth. Then fold in chocolate chips and pistachios.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 300°F/150°C, and press Start/Pause.
- **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
- **PLACE** the muffin cups carefully into the preheated air fryer. Cook at 300°F/150°C for 15 minutes.
- **REMOVE** muffins when done cooking and let them cool down for 10 minutes before serving.



Lemon Pound Cake

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES

TEMPERATURE: 320°F/160°C

Ingredients

1 cup all-purpose flour	1 large egg
1 teaspoon baking powder	1 tablespoon fresh lemon juice
¼ teaspoon salt	1 lemon, zested
6 tablespoons unsalted butter, softened	¼ cup buttermilk
¾ cup granulated sugar	

Directions

- **MIX** together the flour, baking powder, and salt in a bowl. Set aside.
- **ADD** the softened butter to an electric mixer and beat until light and fluffy, about 3 minutes.
- **BEAT** the sugar into the whipped butter for 1 minute.
- **BEAT** the flour mixture into the butter until fully incorporated, about 1 minute.
- **ADD** in the egg, lemon juice, and lemon zest. Mix on low until fully incorporated.
- **POUR** in the buttermilk slowly while mixing at medium speed.
- **ADD** the batter to a greased mini loaf pan all the way to the top. You may have some batter left over.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 320°F/160°C, and press Start/Pause.
- **PLACE** the pound cake into the preheated air fryer.
- **SELECT** Bread, adjust time to 30 minutes, and press Start/Pause.



Stuffed French Toast

PREP TIME: 4 MINUTES
COOK TIME: 10 MINUTES
TEMPERATURE: 350°F/176°C

Ingredients

1 slice brioche bread, 2½ inches thick, preferably stale
4 ounces cream cheese
2 eggs
2 tablespoons milk
2 tablespoons heavy cream
3 tablespoons sugar
1 teaspoon cinnamon
½ teaspoon vanilla extract
Nonstick cooking spray
Pistachios, chopped, for topping
Maple syrup, for serving

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause.
- **CUT** a slit in the middle of the brioche slice.
- **STUFF** the inside of the slit with cream cheese. Set aside.
- **WHISK** together the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
- **SOAK** the stuffed French toast in egg mixture for 10 seconds on each side.
- **SPRAY** each side of the French toast with cooking spray.
- **PLACE** the French toast in the preheated air fryer and cook for 10 minutes at 350°F/176°C.
- **REMOVE** the French toast carefully with a spatula when done cooking.
- **SERVE** topped with chopped pistachios and maple syrup.

French Toast Sticks

PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES

TEMPERATURE: 350°F/176°C

Ingredients

4 slices white bread, 1½ inches thick, preferably stale
2 eggs
¼ cup milk
1 tablespoon maple syrup
½ teaspoon vanilla extract
Nonstick cooking spray
3 tablespoons sugar
1 teaspoon ground cinnamon
Maple syrup, for serving
Powdered sugar, for dusting

Directions

- **CUT** each slice of bread into thirds making 12 pieces. Set aside.
- **WHISK** together the eggs, milk, maple syrup, and vanilla.
- **SELECT** Preheat on the Innsky Air Fryer, adjust to 350°F/176°C, and press Start/Pause. Allow to heat up.
- **DIP** the bread sticks into the egg mixture and arrange into the preheated air fryer. Spray the French toast sticks liberally with cooking spray.
- **COOK** the French toast sticks for 10 minutes at 350°F/176°C. Flip the sticks halfway through cooking.
- **MIX** together the sugar and cinnamon in a bowl.
- **COAT** the French toast sticks in the cinnamon sugar mixture when done cooking.
- **SERVE** with maple syrup and dust with powdered sugar.



Cajun-Blackened Catfish

PREP TIME: 3 MINUTES
COOK TIME: 7 MINUTES
TEMPERATURE: 320°F/160°C

Ingredients

2¼ teaspoons paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground dried thyme
1 teaspoon ground black pepper
¼ teaspoon cayenne pepper
¼ teaspoon dried basil
¼ teaspoon dried oregano
2 catfish fillets (6 ounces)
Nonstick cooking spray

Directions

- **SELECT** Preheat on the Innsky Air Fryer, adjust to 320°F/160°C, and press Start/Pause.
- **MIX** all of the seasonings together in a bowl.
- **COAT** the fish liberally on each side with the seasoning mix.
- **SPRAY** each side of the fish with cooking spray and place into the preheated air fryer.
- **SELECT** Seafood and press Start/Pause.
- **REMOVE** carefully when done cooking and serve over grits.