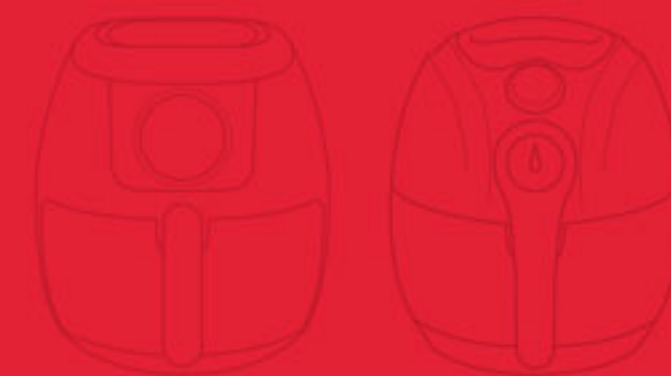




AIR FRYER

Recipes

Volume 1



GoWISEUSA®

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AIR FRYER

Thank you for purchasing the GoWiseUSA air fryer. This air fryer gives you the ability to prepare your favorite fried foods in a healthy, fast and easy way. Other foods can also be prepared with this unit, including desserts, snacks, and more.

In this recipe book, you will find some creative, delicious recipes to help you get started with your air fryer. Additional accessories like the GoWiseUSA cake pan and more can be purchased at www.gowiseproducts.com

For more information on temperature cook settings, please refer to the user manual.

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Seasoned Fries

SERVES 1-2 PEOPLE

What you'll need:

2 medium potatoes

2 Tsp. Olive Oil

1/2 Tsp. Sea Salt

Pinch of Thyme

Pinch of Oregano



Try topping with crumbled feta cheese for "Greek Fries".

- 1 Wash and peel potatoes. Slice into 1/2 inch thick potato strips.
- 2 Soak the potato strips in a bowl of water for 20 minutes, then drain and pat dry with paper towel.
- 3 Place the potatoes in a large mixing bowl, and stir in olive oil, sea salt, thyme and oregano. Make sure potatoes are coated and seasoned well.
- 4 Add the seasoned potatoes to the air fryer basket and cook at 350 degrees for 20 minutes. Stir fries midway through cooking.
- 5 Remove the basket when fries are crispy and golden brown.



Bacon Wrapped Shrimp

SERVES 2 PEOPLE

What you'll need:

12 Jumbo Shrimp
(peeled & deveined)

12 Slices of bacon
(thin sliced)

Garlic Salt

1/2 Lemon



Try it with barbecue dipping sauce.

- 1** Rinse the shrimp under cold running water and pat dry with a paper towel.
- 2** Tightly wrap the tail end of the shrimp with a slice of bacon, and overlap until you reach the top.
- 3** Lay all of the wrapped shrimp on a deep dish and squeeze the lemon to cover with juice. Add garlic salt.
- 4** Place the shrimp in the air fryer with some space between each shrimp to avoid sticking.
- 5** Fry the bacon wrapped shrimp at 350 degrees for 7 minutes. Turn the shrimp over midway through cooking. Remove from basket when golden.



Mozzarella Basil Bruschetta

SERVES 2-3 PEOPLE

What you'll need:

5 Roma tomatoes

**1/2 inch Fresh
mozzarella slices**

1 Baguette

1 Garlic Clove
(Minced)

**1 Tbsp Extra virgin
olive oil**

5 Fresh basil leaves
(Thin chopped)

1/2 Tsp Dry oregano

1 Tsp Salt



Try it with a basil
pesto sauce.

- 1** For tomato mixture, chop fresh tomatoes and place them in a medium bowl. Add olive oil and mix in salt, oregano, minced garlic, and basil leaves. Mix well and set aside.
- 2** Slice the baguette into 1 inch slices. Place a slice of fresh mozzarella on each bread slice and place in air fryer basket. Bake at 370 degrees for 5 minutes until cheese has melted.
- 3** Carefully remove the fryer and spread the tomato mixture on top of the melted cheese. Top right before



Sweet Potato Fries

SERVES 1-2 PEOPLE

What you'll need:

3-5 Sweet potatoes

2 Tsp Olive oil

Garlic Salt

Black Pepper

Salt

1/2 Tsp Paprika

- 1** Wash and peel Sweet potatoes. Slice into 1/2 inch thick potato strips.
- 2** Soak the potato strips in a bowl of water for 20 minutes, then drain and pat dry with paper towel.
- 3** Place the potatoes in a large mixing bowl, and stir in olive oil, salt, black pepper, garlic salt and paprika.
- 4** Add the seasoned sweet potatoes to the air fryer basket and cook at 370 degrees for 20 minutes. Stir fries midway through cooking.
- 5** Remove the basket when fries are crispy and golden brown.



Try it with a spicy
ranch dipping sauce.



Lemon Garlic Crusted Salmon

SERVES 2-3 PEOPLE

What you'll need:

6 Salmon Fillets

3 oz. Butter

1 Garlic clove
(Minced)

1 Large Lemon

1 Tsp Salt

1 Tbsp chopped
parsley

1 Tsp chopped dill



Use olive oil instead
of butter for the
mixture for a healthy
alternative.

- 1** Begin by making the butter mix- Heat butter over stove or melt in microwave to liquefy. Add in all spices and lemon juice and mix well.
- 2** Spray bottom of air fryer with cooking oil or insert a layer of foil.
- 3** Place salmon fillets in frying basket, and with a pastry brush, coat salmon evenly with the butter mixture.
- 4** Bake in air fryer at 350 degrees for 15 minutes. Turn the fillet over midway and brush with more butter mixture for even cooking.
- 5** Remove the basket when the salmon fillets are golden crusted.



Spicy Grilled Cheese

SERVES 1 PERSON

What you'll need:

2 Slices of Texas toast

2 Slices of pepper jack Cheese

1 Slice of American Cheese

Butter

Crushed red pepper



Try cooking it with chipotle ranch topping.

- 1 Brush butter on a slice of Texas toast.
- 2 Place cheese slices and sprinkle crushed red pepper onto the cheese.
- 3 Cover the sandwich with the other slice of bread, coat with butter and place sandwich in basket.
- 4 Cook the sandwich at 350 degrees for 5 minutes.
- 5 Remove the basket when the cheese has melted and the toast is golden brown.



Chipotle Tuna Melt

SERVES 1 PERSON

What you'll need:

2 Slices of Italian bread

1/2 Cup mayonnaise

2 Chipotle peppers in adobo sauce

Pinch of garlic salt

Pinch of black pepper

Butter

12 oz Tuna

Pinch of cilantro

1 Slice of American Cheese



Try it with a side of your favorite chips.

- 1 Blend/Process Chipotle peppers in mayo, mix in garlic salt, and black pepper.
- 2 Pour the mix into a medium bowl and stir in the tuna. Add cilantro, and salt or pepper to taste.
- 3 Coat the toast with butter, then spread the tuna onto the buttered slice of bread. Top with cheese and bread. Butter the top slice.
- 4 Place the sandwich into the fryer basket and cook at 320 degrees for 4 minutes.
- 5 Remove from basket when cheese has melted or when toast is golden.



Spinach Cheese Stuffed Shells

SERVES 2 PEOPLE

What you'll need:

6 oz Jumbo pasta shells

1 Cup ricotta cheese

1 Cup shredded mozzarella cheese

1 Cup chopped spinach

1/2 Cup fresh grated Parmesan cheese

1 Egg

1 (26 oz) Jar pasta sauce



Try it with some air fryer made fresh garlic bread!

- 1** Cook shells according to package directions in boiling water and drain.
- 2** In a separate bowl, mix all cheeses, egg and spinach, then stuff each shell generously with the mixture.
- 3** Spread a 1/2 cup of spaghetti sauce onto a 7-inch pan. Place stuffed shells on pan, open side up. Spread the remaining sauce on top.
- 4** Place the pain inside the fryer basket and bake at 275 degrees for 25 minutes.
- 5** Carefully remove the pan from basket and serve.



Spicy Chipotle Drumsticks

SERVES 2-3 PEOPLE

What you'll need:

6 Chicken drumsticks

1 Can chipotle Chiles
in adobo sauce

2 Tbsp olive oil

Pinch of salt

- 1 Preheat the air fryer for 320 degrees
- 2 Blend/Process the chipotle Chiles to make a Chile paste. Add a table spoon of the adobo sauce from the can. Add a pinch of salt, and fresh ground pepper to taste.
- 3 Mix the Chile paste with olive oil, then marinate the chicken in the mixture in a ziploc bag for at least 25 minutes.
- 4 Place drumsticks in fryer basket and cook at 320 degrees for 30 minutes. Turn the drumsticks midway through cooking and brush with leftover marinade.
- 5 Carefully remove the drumsticks when crispy and golden.



Marinating the drumsticks overnight gives a much richer flavor!



Apple Empanadas

SERVES 2-3 PEOPLE

What you'll need:

5-6 Apples

(Peeled & sliced)

1/3 Cup Granulated sugar

2 Tbsp Brown sugar

2 Tsp cinnamon

1 Tbsp cornstarch

1/4 Cup water

1/2 tsp vanilla extract

Pastry dough

4 Tbsp Butter



Try it with a caramel dipping sauce!

- 1** Peel and slice apples into small chunks and place in pot. In a separate bowl, combine sugars, cinnamon, and cornstarch and mix well.
- 2** Sprinkle the mixed dry ingredients over apples in pot, and add water, vanilla extract, 2 Tbsp of butter and mix well.
- 3** Cover pot and turn heat to high until it starts to boil. Once it begins to boil, turn heat down. Simmer until apples are tender and mixture begins to thicken.
- 4** Remove pot from heat and let it cool down. Once the mixture has cooled down to room temperature, lay the pastry dough flat and fill with apple mixture. Moisten the edges with water to seal and press the edges with a fork to close the pockets.
- 5** Place empanadas in the air fryer basket and fry at 350 degrees for 15 minutes. Do not over fill basket when cooking. Remove when golden.



Creamy Cheesecake

SERVES 2-3 PEOPLE

What you'll need:

16 oz Cream Cheese
(room temperature)
1 Tsp Vanilla extract
2 Tbsp Brown sugar
Pinch of cinnamon
1 Large egg
1 Cup Sweetened condensed milk

Crust:

1 Cup graham cracker crumbs
2 Tbsp sugar
7 inch pie pan



Try sprinkling some shaved almonds for a delicious crunchy texture!

- 1** Preheat air fryer to 350 degrees. Pulse graham crackers in a food processor or blender until they are finely ground, and pour in a large bowl. Stir in sugar.
- 2** Pour the crust mixture into the 7 inch pie pan and press gently to flatten and evenly cover the base of the pan. Place in air fryer for 5 minutes then remove and set aside to cool down.
- 3** With a mixer, beat the cream cheese on a medium speed until a smooth soft and creamy texture. Add sugar, egg, vanilla extra, and condensed milk.
- 4** Pour the cream cheese mixture into the 7 inch pie pan over the graham cracker crust. Smooth the top of the cream cheese mixture with a spatula.
- 5** Place the pie pan in the air fryer basket and bake at 350 degrees for 40 minutes. Remove when golden. Allow to cool completely before serving.



Strawberry Egg Rolls

SERVES 3-4 PEOPLE

What you'll need:

8 Egg roll wrappers

15 Strawberries
(diced)

2 oz melted unsalted butter

Cheesecake Filling:

16 oz Cream cheese
(room temperature)

4 Tbsp granulated sugar

1 Tsp vanilla extract
Pinch of cinnamon

1 Tbsp Lemon juice



Try dipping in sour cream for a refreshing zing!

- 1** In a mixing bowl, beat the softened cream cheese with the sugar and lemon juice
- 2** Gently fold in strawberries into the cheesecake mix, but do not beat the strawberries.
- 3** Lay egg roll wrappers down and place 2 tablespoons of cheesecake mixture in center in a line. fold side corners in, and begin rolling, using water to seal edges
- 4** Place egg rolls in air fryer basket and brush with melted unsalted butter and fry at 375 degrees for 15 minutes.
- 5** Remove when golden brown. Allow to fully cool before serving.



Chewy Brownies

SERVES 3-4 PEOPLE

What you'll need:

1/2 Cup unsalted Butter

1 Cup granulated sugar

1 Tsp Vanilla extract

2 Eggs

1/2 Cup all purpose flour

1/3 Cup unsweetened cocoa

1/4 Tsp Baking powder

Pinch of salt



Try adding a handful of walnuts for a crunchy chewy texture!

- 1** Preheat your fryer to 340 degrees. Grease your GoWiseUSA Cake pan or any cake pan that fits in the fryer basket.
- 2** In a medium bowl mix together melted butter, eggs, and vanilla extract.
- 3** In a separate bowl, combine flour, sugar, cocoa powder, baking powder and salt.
- 4** Gradually stir in wet ingredients into dry ingredients until it is well blended(Walnuts or Chocolate Chips may be added at this point).
- 5** Spread the batter in the cake pan- Do not overfill, two pans may be made. Once brownie mix is in pan, place in air fryer and bake at 340 degrees for 20 minutes. Poke the brownies with a knife or fork to ensure the mix does not come up wet and uncooked. Remove carefully and allow to cool.



Apple Crisp

SERVES 3-4 PEOPLE

What you'll need:

4 Large red apples
1/2 Cup brown sugar
1/2 Tsp cinnamon
1 Large Lemon
**1 Cup dried
cranberries**

Crumble:

**1/2 Cup unsalted
butter (cubed)**
1/2 Cup brown sugar
**1 Cup multi-purpose
flour**
1/2 Tsp cinnamon



Top it with a caramel
sauce to really bring
it together.

- 1** Peel and dice apples. Place apple chunks into a medium bowl, then add cranberries, 1/2 cup of brown sugar, cinnamon, juice from lemon, and mix well.
- 2** To make the crumble, use a large mixing bowl and add 1/2 cup of brown sugar, salt, flour and cinnamon. Mix in butter cubes and mash to make a consistent clumpy texture.
- 3** Pour the apple mix into a baking dish and top with the crumble. Place the dish into the air fryer basket and bake at 350 degrees for 30 minutes.
- 4** Carefully remove when crispy and golden.





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