

AIR FRYING ADVICE



From Jenny Tschiesche

INSTANT AIR FRYER COOKING TIMETABLE

How to get the most
out of your Air Fryer

Instant®

VEGETABLES

When cooking vegetables in your air fryer it is a good idea to shake the basket every 3-5 minutes to ensure even cooking

It's best to use the AIR FRYER function for most vegetables, but some starchier vegetables cook even better with the ROAST function.

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Asparagus	180°C	8-12mins	Grill
Aubergine Halves	160°C	20-25 mins	Air Fry
Broccoli, florets	200°C	5-6 mins	Air Fry
Brussels Sprouts	170°C	14-16 mins	Air Fry
Butternut Squash, 2.5cm cubes	180°C	16-18 mins	Air Fry
Carrots, 2cm batons	180°C	14-16 mins	Air Fry
Cauliflower, florets	180°C	10-14 mins	Air Fry
Corn on the cob (whole)	200°C	8-10 mins	Air Fry
Courgette, fries (1.5cm thick)	180°C	12-15 mins	Air Fry
Mushrooms, sliced	180°C	8-10 mins	Air Fry
Mushrooms, large and flat	205°C	7-9 mins	Grill
Peppers, diced 2-3cm cubes	205°C	10-12 mins	Grill
Potato:			
New Potatoes	180°C	20-25 mins	Air Fry
Hasselback	180°C	20-25 mins	Air Fry
Jacket	200°C	45-60 mins	Roast
Chips	200°C	18-20 mins	Air Fry
Roast (par boiled)	205°C	20-25 mins	Roast
Sweet Potato:			
Chips	190°C	10-15 mins	Air Fry
Jacket	200°C	35-45 mins	Roast

MEAT

It is highly recommended that you use a food thermometer and check the cooked temperature when cooking meat from raw. Please see target temperature in reheat section.

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Back Bacon Streaky Bacon Lardons	180°C 205°C 180°C	8-10 mins 5-7 mins 4 mins	Air Fry Grill Air Fry
Burgers	205°C	10-12 mins	Grill
Chicken: Whole Boneless Breasts Boneless Thighs Mini Fillets Wings/Drumsticks	180°C 180°C 200°C 180°C 200°C	40-60 mins 12-14 mins 12-14 mins 9-12 mins 10-15 mins	Roast Air Fry Air Fry Air Fry Air Fry
Kebabs	180°C	8-12 mins	Air Fry
Lamb Chops	200°C	5-8 mins	Air Fry
Meatballs	180°C	8-12 mins	Air Fry
Pork Chops Pork Escalope	180°C 180°C	10-12 mins 6-7 mins	Air Fry Air Fry
Steak	205°C	5-10 mins	Grill
Chipolatas Traditional sausages	180°C 180°C	12-15 mins 16-20 mins	Air Fry Air Fry

*remove from fridge 20 minutes before cooking

SEAFOOD

You should also use a food thermometer and check the cooked temperature when cooking seafood from raw. Please see target temperature in reheat section.

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Fillet of white fish	180°C	Up to 5- 10 mins depending on thickness	Air Fry
Prawns	180°C	4-6 minutes	Air Fry
Salmon Fillet	180°C	8-12 minutes	Bake
Scallops	200°C	3-4 mins – turn once	Air Fry
Tuna steak	200°C	8-10 mins – turn once	Air Fry

FROZEN

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Frozen Chicken Nuggets	180°C	13-16 mins	Air Fry
Frozen Chips	180°C	15-18 mins	Air Fry
Frozen French Fries	180°C	13-16 mins	Air Fry
Frozen Pizza	180°C	6-9 mins	Air Fry
Frozen Sweet Potato Chips	180°C	13-16 mins	Air Fry
Frozen Fish Fingers	180°C	10-12 mins	Air Fry

BAKE

The default BAKE time and temperature is 20 minutes at 176°C. This is optimum for pastries, cakes, and pizza. You will need to lower the temperature for cookies and flapjacks.

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Pastry from raw	176°C	8 -13 minutes	Bake
Cake (15cm round tin)	176°C	20-30 mins – covered in foil for last 10 mins	Bake
Cookies/Biscuits	160°C	6-12 mins depending on size	Bake
Fresh Pizza	176°C	5-7 minutes	Bake
Flapjack (15-20cm sq. tin)	160°C	20-30 mins – covered in foil for first 15mins	Bake

GRILL

This heats overhead only and doesn't circulate the heat. This function lends itself to melting cheese, chargrilling vegetables and meats.

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Toast	205°C	3-4 minutes	Grill
Grilled Cheese (on toast/nachos etc)	205°C	3-4 minutes	Grill
Chargrilled Vegetables	205°C	6-14 minutes	Grill
Chargrilled Steak and Burgers	205°C	6-14 minutes	Grill
Chargrilled Poultry and Fish	205°C	6-14 minutes	Grill

LEFTOVERS

Timings for leftovers can vary depending on how much and how thick the food is. The best way to check food is heated thoroughly is using a food thermometer. It should reach 70°C at the thickest part and maintain that temperature for a period of 2 minutes. Cooking food at the right temperature and for the correct length of time will ensure that any harmful bacteria are killed.

Use the REHEAT function on your air fryer for best results. If the food is not sufficiently hot after the default time of 10 minutes simply pop it back in for longer and check the internal temperature again.

TYPE	TIME	SUGGESTED FUNCTION	TARGET TEMPERATURE TO COOK TOO
Minced Meat/Sausages	10 minutes	Reheat	70°C
Fish	10 minutes	Reheat	60°C
Poultry	10 minutes	Reheat	74°C
Lamb	10 minutes	Reheat	52°C (med-rare)
Beef	10 minutes	Reheat	57°C (med-rare)
Pork	10 minutes	Reheat	63°C

DEHYDRATING

For most ingredients you can dehydrate using the DEHYDRATE function. There are some exceptions (see below). Times vary according to how thinly you slice the food. Note: the dehydrate function shows time in hours not minutes.

TYPE	TEMPERATURE	TIME	SUGGESTED FUNCTION
Apricot Halves	Dehydrate 54°C	8-10 hours	Dehydrate
Mango – 1 cm slices	Dehydrate 54°C	5-6 hours	Dehydrate
Peaches – ½ - 1cm slices	Dehydrate 54°C	6-8 hours	Dehydrate
Apple Slices	180°C	25 mins, turning once	Air Fry
Tomato Halves	115°C	1 hour, turning once	Air Fry

Standard Pre-Set Times and Temperatures for each function:

FUNCTION	PRE-SET TIME	PRE-SET TEMPERATURE
Air Fry	15 minutes	196°C
Roast	18 minutes	205°C
Bake	20 minutes	176°C
Grill	6 minutes	205°C
Reheat	10 minutes	138°C
Dehydrate	8 hours	54°C