



# AIR FRYERS

# ***OUTLINE***

- **What is an air fryer? How does it work?**
- **Variety of styles and features**
- **Pros and cons**
- **Using your air fryer**
- **Food safety**
- **Caring for your air fryer**
- **Tips**
- **Considerations before buying**

# ***WHAT IS AN AIR FRYER? HOW DOES IT WORK?***

- **Countertop appliance**
  - Heating element
  - Fan
  - Basket or tray to hold food



# ***WHAT IS AN AIR FRYER? HOW DOES IT WORK?***

- **Cooks by circulating hot air around food**
  - Quick and even cooking
  - Little to no oil needed

# VARIETY OF STYLES AND FEATURES



Price range \$40.00 to \$300.00

# **PROS**

- **Easy to operate**
- **Easy to clean – baskets and accessories are dishwasher safe**
- **Versatile – you can roast, grill, bake, and some will dehydrate**
- **Healthier than frying in oil**
- **Up to 20% faster cooking time**
- **Uses less energy than your oven**
- **No “deep fried smell” in the house after cooking**
- **No used oil to dispose of**
- **Great for reheating leftovers**

# CONS

- Takes up counter space
- The fan can be loud
- Limited cooking capacity - not suitable for preparing large quantities of food
- Needs additional accessories for baking
- Food has different flavor and texture than deep fried food

# ***USING YOUR AIR FRYER***

## **Get prepared**

- **Find the right place in your kitchen to operate the unit**
- **Use the proper breading technique**
- **Use the right accessories**
  - Baking pans
  - Drying mats
  - Stackable racks
  - Rotisserie skewer

# ***USING YOUR AIR FRYER***

## **Operating the air fryer**

- **Preheat the unit**
- **Prep the food**
- **Set the temperature and time**
- **Flip foods over halfway through the cooking process**
- **Check for doneness**
- **Use tongs to remove food**

# FOOD SAFETY

- Use a metal-stem food thermometer to check for doneness.
- Cook or reheat foods to the internal temperatures below.

PRODUCT	MINIMUM INTERNAL TEMPERATURE
Steaks, chops, and roasts (beef, pork, and veal)	145°F with 3-minute rest time
Ground meats (beef, pork, lamb, veal)	160°F
Poultry (whole birds, parts, ground meat)	165°F
Eggs	160°F
Fish and shellfish	145°F
Leftovers and casseroles	165°F

- Clean after each use to avoid cross-contamination.

# ***CARING FOR YOUR AIR FRYER***

- **After each use**
  - Remove basket and accessories.
  - Wash basket, tray, or pan in dishwasher or by hand with hot soapy water.
  - If it has baked-on grease, soak in hot soapy water before washing.
  - Wipe inside and outside of unit with damp cloth or nonabrasive sponge.
  - Dry all parts before putting back in unit and storing.

\*Always follow the cleaning instructions for your particular unit.

# TIPS

- **Read your manual.**
- **Preheat the unit for 3 to 4 minutes.**
- **Use air fryer liners for easy cleanup.**
- **Spray oil on food only, do not use cooking spray on the basket.**
- **Don't overcrowd the basket – cook in single layers.**
- **Add a little water to the basket when cooking fatty foods to prevent smoking.**
- **Convert recipes.**
  - Reduce conventional oven temperature by 25 degrees F and cut cooking time by 20%.

# ***CONSIDERATIONS BEFORE BUYING***

- **How much money are you willing to spend?**
- **How often will you use it?**
- **Is it worth the counter space?**
- **How many people do you cook for?**
- **What features are important to you?**
- **Is it easy to take apart and clean?**

# ***DEMO AND TASTE TESTING***

**THANK YOU**

# REFERENCES

Consumer Reports

<https://www.consumerreports.org/cro/air-fryers.htm>

America's Test Kitchen

[https://www.americastestkitchen.com/equipment\\_reviews/2331-air-fryers](https://www.americastestkitchen.com/equipment_reviews/2331-air-fryers)

Nebraska Extension

<https://food.unl.edu/free-resources/newsletters/food-safety-tips-electric-air-fryers>

USDA – Food Safety and Inspection Service

[https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct\\_index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index)

Frontiers in Nutrition

<https://www.frontiersin.org/articles/10.3389/fnut.2022.889901/full>

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