

CHEFMAN® Recipe Book



Multifunctional Air Fryer +

Peanut Butter Muffins with Raspberry Jam

Special Equipment

- 8 silicone muffin/
cupcake cups

Ingredients

- 1 cup all-purpose flour
- ¼ cup sugar
- 1¼ tsp baking powder
- ¼ tsp kosher salt
- ¼ cup creamy
peanut butter
- 1 Tbsp unsalted
butter, melted
- ½ cup whole milk
- 1 egg, well beaten
- Raspberry jam,
for serving



Active Time **15 min**
Total Time **35 min**



Servings **4**



Level **EASY**

What do you get when you cross a PB&J with a muffin?
A delicious breakfast treat!

1. Sift the flour into a medium bowl.
2. Add the sugar, baking powder, and salt and stir with a fork to combine.
3. Add the peanut butter and butter. Using a fork, mix the peanut butter and butter into the dry ingredients until coarse crumbs form.
4. Add the milk and egg and stir until just blended.
5. Arrange the silicone cups on two wire racks and divide the batter among cups.
6. Insert the racks into the air fryer.
7. Set to BAKE at 375°F for 15 minutes and press START.
8. Bake, switching rack positions halfway through, until the muffins are golden brown and a toothpick comes out clean when inserted in the middle.
9. Allow the muffins to cool slightly before serving with raspberry jam.



Stuffed Breakfast Peppers

Ingredients

- 4 bell peppers, preferably a mix of colors
- 1 tsp olive oil
- 6 oz fresh chorizo, casing removed if necessary
- 1 cup diced sweet potato (about ½ large)
- 1 tsp kosher salt, plus more to taste
- ½ tsp freshly ground black pepper, plus more to taste
- 4 large eggs
- Sour cream, for serving
- Pico de gallo or another salsa, for serving (optional)

🕒 Active Time **20 min**
Total Time **35 min**

👤 Servings **4**

👉 Level **EASY**

Stuffed peppers, a classic comfort-food dinner, are also great for breakfast when filled with sausage and potato and topped with an egg.

1. Cut off the tops of the peppers and scoop out the seeds. If necessary, trim the rounded bottom without cutting through to help the peppers stand upright.
2. In a medium skillet, heat the olive oil over medium-high heat.
3. Add the chorizo, potato, salt, and pepper and cook, stirring and breaking up the clumps of chorizo, until golden brown, about 5 minutes. Let cool briefly.
4. Evenly divide the chorizo mixture among peppers, then transfer the peppers to a wire rack and insert rack into a lower position in the air fryer.
5. Set to AIR FRY at 375°F for 10 minutes and press START.
6. When the time is up, carefully remove the rack from the air fryer.
7. Crack an egg over the top of each pepper and season the eggs lightly with salt and pepper.
8. Insert the rack back into the air fryer.
9. Set to AIR FRY at 400°F for 6 minutes and press START.
10. Cook until time is up. The egg whites will be opaque but yolks should still be runny.
11. Serve immediately, topped with sour cream and pico de gallo, if desired.



Mediterranean Egg Cups

Special Equipment

- 4 4-oz ramekins

Ingredients

- Cooking spray
- 6 large eggs
- ¼ cup whole milk
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 cup spinach, finely chopped
- ¼ cup oil-packed sun-dried tomatoes, drained and finely chopped
- ⅓ cup crumbled feta



Active Time **10 min**

Total Time **25 min**



Servings **4**



Level **EASY**

These egg cups make an easy and satisfying breakfast. Serve them warm with toast or let them cool completely and freeze them. Microwave a frozen egg cup for a few minutes until heated through for a quick and delicious meal on the go.

1. Spray 4 4-oz ramekins with cooking spray.
2. In a medium bowl, whisk the eggs, milk, salt, and pepper.
3. Add the spinach, tomatoes, and feta, and stir to combine.
4. Divide the mixture among the prepared ramekins, place them on a wire rack, then insert the wire rack into the air fryer.
5. Set to BAKE at 350°F for 15 minutes and press START.
6. Cook until the eggs are cooked through and golden brown.
7. When the time is up, carefully remove ramekins, and serve.



Crispy Smashed Potatoes

Ingredients

- 1½ lb fingerling potatoes, scrubbed
- 1 Tbsp olive oil
- 1½ tsp kosher salt
- ½ tsp freshly ground black pepper
- Sour cream, for serving
- Thinly sliced chives, for serving



Active Time **10 min**

Total Time **40 min**



Servings **4**



Level **EASY**

The irregular edges of gently smashed fingerlings air fry to irresistible crispness with barely any oil needed. Serve them on their own as an appetizer or alongside roast chicken or meatloaf.

1. Spread the potatoes out over two wire racks, then insert the racks into the air fryer.
2. Set to AIR FRY at 350°F for 25 minutes and press START.
3. Cook, switching rack positions halfway through, until the potatoes are tender.
4. When time is up, check that the potatoes are tender, then transfer them to a cutting board.
5. Using the back of a spoon, gently smash each potato to flatten it somewhat.
6. Drizzle the olive oil over the potatoes and season with salt and pepper.
7. Carefully transfer the potatoes back to the racks, then insert the racks into the air fryer.
8. Set to AIR FRY at 400°F for 10 minutes and press START.
9. Cook, switching rack positions halfway through, until time is up and the potatoes are golden brown and crisp.
10. Serve immediately with sour cream and chives.



Buffalo Cauliflower

Ingredients

- $\frac{3}{4}$ cup Buffalo wing sauce
- 1 Tbsp unsalted butter, melted
- 1 Tbsp olive oil
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp kosher salt
- 1 medium head cauliflower, cut into 1- to 2-inch florets
- 2 Tbsp cornstarch
- Blue cheese or ranch dressing, for serving



Active Time **10 min**

Total Time **30 min**



Servings **4**



Level **EASY**

This healthful take on the classic bar food is just as messy, delicious, and fun to eat. Serve it with some celery sticks if you like, and don't forget the beer.

1. In a medium bowl, combine the Buffalo sauce, butter, olive oil, garlic powder, onion powder, and salt.
2. Add the cauliflower and toss to coat well.
3. Sprinkle the cornstarch over the cauliflower then toss and stir to combine.
4. Spread the cauliflower evenly over two wire racks, then insert the racks into the air fryer.
5. Set to AIR FRY at 400°F for 20 minutes and press START.
6. Cook, switching rack positions halfway through, until time is up and the cauliflower is tender and crisp.
7. Serve immediately with dressing.



Sesame Kale Chips

Ingredients

- ½ bunch kale, rinsed, well dried, and stems removed
- 1 Tbsp sesame oil
- ¼ tsp kosher salt
- 1 Tbsp furikake



Active Time **5 min**

Total Time **20 min**



Servings **4**



Level **EASY**

When air fried, kale turns out crisp and deliciously toasty. Adding a little of the Japanese seasoning furikake—available at most supermarkets these days—makes this snack even more savory, but it’s still tasty without it.

1. In a large bowl, toss the kale with the sesame oil and salt until the kale is evenly coated.
2. Arrange the kale evenly in a single layer on two wire racks, then insert them into the air fryer.
3. Set to AIR FRY at 300°F for 15 minutes and press START.
4. Cook, switching rack positions halfway through, until time is up and the kale is crisp.
5. Transfer the kale to a medium bowl and toss with the furikake.
6. Serve immediately or cool to room temperature and store in an airtight container.



Black Bean Burgers

Ingredients

- 1 15.5-oz can black beans, drained and rinsed
- 1 red bell pepper, finely chopped
- 1 garlic clove, finely chopped
- 2 tsp olive oil
- 1½ tsp kosher salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- ½ tsp chili powder
- ½ tsp smoked paprika
- ½ cup plain dried breadcrumbs
- 4 deli slices white cheddar

Serving

- 4 hamburger buns
- Sliced avocado
- Alfalfa sprouts



Active Time **15 min**

Total Time **30 min**



Servings **4**



Level **EASY**

Though these vegetarian burgers taste great on a bun, they would also be delicious without the cheese served over lightly dressed greens.

1. For the burgers: In a medium bowl and using a potato masher, lightly mash the beans.
2. Add the bell pepper, garlic, olive oil, salt, garlic powder, onion powder, cumin, chili powder, and paprika. Stir to combine.
3. Add the breadcrumbs and stir until well combined.
4. Shape the bean mixture into four bun-size patties.
5. Place the patties on the two wire racks, then insert into the Air Fryer+.
6. Set to AIR FRY at 375°F for 16 minutes and press START.
7. Cook, switching rack positions halfway through.
8. When time is up, pull out the racks, carefully top the patties with cheese, and reinsert into the air fryer.
9. Set to AIR FRY at 400°F for 2 minutes and press START.
10. Cook, rotating racks halfway through, until the cheese has melted.
11. Serve the patties on buns topped with avocado and sprouts.



Fig, Prosciutto, and Arugula Pizzas

Ingredients

- 2 tsp olive oil, plus more for oiling racks
- 1 15-oz package fresh pizza dough, divided in half
- 6 Tbsp fig spread
- 8 slices prosciutto
- ¼ cup shaved Parmesan
- ½ cup baby arugula
- Kosher salt and freshly ground black pepper, to taste

🕒 Active Time **15 min**
Total Time **30 min**

👤 Servings **2-4**

👉 Level **EASY**

The Air Fryer+ bakes up pizza faster than it takes to get one delivered. If you like, substitute crumbled blue cheese for the Parmesan.

1. Lightly oil two wire racks. Stretch one dough half until about ¼-inch thick and fit it on one of the wire racks. Repeat with the remaining dough and rack.
2. Spread 3 Tbsp of fig spread over each dough half, then insert the racks into the air fryer.
3. Set to BAKE at 375°F for 20 minutes and press START.
4. Bake, switching rack positions halfway through, until the dough is golden brown and cooked through.
5. When time is up, remove the racks from the oven and let the pizzas cool for 5 minutes before carefully transferring to a cutting board.
6. Top the pizzas with the prosciutto, cheese, and arugula, then drizzle with the 2 tsp olive oil and season to taste with salt and pepper.



Miso Glazed Salmon with Baby Bok Choy

Salmon Ingredients

- 1 Tbsp white miso paste
- 2 tsp garlic paste
- 2 tsp ginger paste
- 2 tsp sesame oil
- 1 tsp brown sugar
- 1 tsp soy sauce
- 4 6-oz salmon fillets

Bok Choy Ingredients

- ½ lb baby bok choy, halved or quartered if large
- 1 tsp toasted sesame oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper



Active Time **10 min**
Total Time **55 min**



Servings **4**



Level **EASY**

This easy glaze is sure to become a favorite. Look for garlic paste and ginger paste in tubes in the produce section or use the same amount of minced fresh garlic and ginger instead.

1. For the salmon: In a small bowl, whisk the miso paste, garlic paste, ginger paste, sesame oil, brown sugar, and soy sauce.
2. Place the salmon on a rimmed plate, then coat with the miso glaze. Cover and refrigerate for at least 30 minutes and up to 2 hours.
3. For the bok choy: In a large bowl, toss the bok choy with the sesame oil, salt, and pepper.
4. Place the salmon fillets on a wire rack and insert rack on the top rack position of the air fryer.
5. Place the bok choy on the remaining wire rack and place on a lower rack position of the air fryer.
6. Set to BAKE at 375°F for 14 minutes and press START.
7. Bake until time is up. The salmon should be just opaque in the center and the bok choy should be tender.
8. Serve immediately.



Crispy Fish Tacos

Slaw Ingredients

- 2 cups thinly sliced red cabbage
- 2 Tbsp chipotle mayonnaise
- 2 tsp apple cider vinegar
- 2 tsp sugar
- 1 tsp kosher salt

Tacos Ingredients

- 1 lb cod fillet, cut into 1-inch strips
- 1 Tbsp taco seasoning
- ½ tsp kosher salt, plus more to taste
- 2 large eggs, beaten
- 1¼ cup panko breadcrumbs
- 12 6-inch corn tortillas
- Sour cream, for serving
- Thinly sliced jalapeños, for serving
- Fresh cilantro leaves, for serving

 Active Time **10 min**
Total Time **30 min**

 Servings **6**

 Level **EASY**

Air frying gives you the crispy fish tacos you crave with no added oil! You can buy chipotle mayo and prepared taco seasoning mix, but recipes for quick and easy homemade versions of both are easy to find online.

1. For the slaw: In a medium bowl, toss the cabbage with the mayonnaise, vinegar, sugar, and salt. Refrigerate until ready to serve.
2. Season the fish all over with taco seasoning and ½ tsp salt.
3. Dip the fish into the eggs and then into the panko, pressing the crumbs onto the fish, until completely coated.
4. Place the fish on two wire racks with space in between, then insert the racks into the air fryer.
5. Set to AIR FRY at 380°F for 20 minutes and press START.
6. Cook, switching rack positions halfway through, until the fish is cooked through and golden brown. When time is up, remove the fish and season to taste with salt.
7. Divide the fish and slaw among the tortillas and serve with sour cream, jalapeños, and cilantro, if desired.



Simple Rotisserie Chicken

Supplies Needed

- Twine, for trussing



Active Time **5 min**



Servings **2-3**



Level **EASY**

Total Time **70 min**

Ingredients

- 1 3½- to 4-lb whole chicken, giblets removed and tightly trussed
- ¼ cup olive oil
- 2 Tbsp kosher salt
- 2 tsp freshly ground black pepper

Sometimes simple is best, but you can flavor the chicken just about any way you like before cooking it on the spit following the same directions. Trussing the chicken keeps it compact and encourages even cooking.

1. Rub the chicken all over with olive oil and season with salt and pepper.
2. Place the chicken on the rotisserie spit, securing it with the rotisserie forks.
3. Insert the spit into the air fryer.
4. Set to AIR FRY at 380°F for 1 hour, then press START and ROTATE.
5. When time is up, carefully remove the spit using the fetch tool, and check that the chicken is cooked through (165°F).
6. Let the chicken rest on the spit for 5 minutes before carefully removing it.
7. Carve the chicken and serve.



Crispy Balsamic Brussels Sprouts

Ingredients

- 1 lb Brussels sprouts, trimmed and halved
- 4 slices raw bacon, cut into ½-inch pieces
- 2 Tbsp olive oil
- 1½ tsp kosher salt
- ½ tsp freshly ground black pepper, plus more to taste
- 2 Tbsp balsamic glaze
- 1 Tbsp finely grated orange zest, plus thin strips of zest for garnish (optional)
- ¼ cup Parmesan shavings

🕒 Active Time **10 min**
Total Time **30 min**

👤 Servings **4**

👉 Level **EASY**

Even people who swear they don't like Brussels sprouts will love this sweet and smoky side.

1. In a large bowl, combine the Brussels sprouts, bacon, oil, salt, and ½ tsp pepper and toss well to coat.
2. Spread the Brussels sprouts out over two wire racks, then insert the racks into the air fryer.
3. Set to AIR FRY at 400°F for 20 minutes and press START.
4. Cook, switching rack positions halfway through for most even results, until time is up. The bacon will be browned and crisp and the Brussels sprouts will be tender and crisped.
5. Transfer the Brussels sprouts and bacon to a medium bowl and toss with the balsamic glaze and orange zest.
6. Serve topped with Parmesan and additional black pepper and orange zest to taste.



Vegan Pulled “Pork” with Coleslaw

Slaw Ingredients

- 1 cup shredded purple cabbage
- ½ cup shredded carrots
- 1 Tbsp vegan mayonnaise
- 2 tsp apple cider vinegar
- 1 tsp agave nectar
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

Mushrooms and Serving:

- 10 oz oyster mushrooms, tough stems removed
- 2 Tbsp vegetable oil
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ½ cup barbecue sauce
- 3 hamburger buns



Active Time **10 min**
Total Time **35 min**



Servings **3**



Level **EASY**

Savory air-fried mushrooms take the place of meat in this satisfying sandwich.

1. For the slaw: In a medium bowl, combine the cabbage, carrots, mayonnaise, vinegar, agave, salt, and pepper.
2. Cover and refrigerate until serving.
3. For the mushrooms: Toss mushrooms with the oil, salt, and pepper to coat.
4. Spread the mushrooms out evenly over two wire racks, then insert the racks into the middle rack positions in the air fryer.
5. Set to AIR FRY at 375°F for 25 minutes and press START.
6. Cook, switching rack positions halfway through, until time is up and the mushrooms are tender and crisp.
7. Transfer the mushrooms to a medium bowl and use two forks to shred them to desired size.
8. Add the barbecue sauce and stir to combine.
9. Serve the mushrooms in buns, topped with the slaw.



Roasted Carrots

with Pistachios and Goat Cheese

Ingredients

- 2 lb carrots, preferably baby carrots with some greens attached, greens trimmed and carrots scrubbed but unpeeled
- 2 Tbsp olive oil
- 2 Tbsp dark brown sugar
- 1½ tsp kosher salt, plus more to taste
- ½ tsp freshly ground black pepper, plus more to taste
- ¼ cup pistachios, chopped
- 2 oz goat cheese, crumbled (about ¼ cup)
- ½ tsp chile oil

🕒 Active Time **10 min**
Total Time **35 min**

👤 Servings **3**

👉 Level **EASY**

Multicolor carrots look lovely, but if your market doesn't carry them, know that regular orange carrots will taste just as good.

1. In a large bowl, toss the carrots with the oil, salt, brown sugar, salt, and pepper until evenly coated.
2. Place the carrots on two wire racks and insert them into the 2nd and 3rd highest positions in the air fryer.
3. Set to AIR FRY at 400°F for 22 minutes, then press START.
4. Cook, switching rack positions halfway through, until the carrots are tender and lightly browned.
5. When time is up, carefully transfer the carrots to plates or a platter.
6. Top the carrots with the pistachios, goat cheese, and chile oil.
7. Season to taste with salt and pepper and serve.



Rosemary Focaccia

Tools

- 8x8-inch baking pan

Ingredients

- 1 15-oz package fresh pizza dough
- 2 Tbsp extra-virgin olive oil
- 2 tsp chopped fresh rosemary
- ¼ tsp flaky sea salt



Active Time **30 min**

Total Time **2 hrs**



Servings **6**



Level **EASY**

This light and airy focaccia is so easy to make when you start with store-bought pizza dough.

1. Let the dough warm at room temperature for 30 minutes to make it easier to stretch.
2. Oil an 8x8-inch baking pan with 1 Tbsp of the olive oil.
3. Stretch and press the dough into the pan. Cover and let rise for 30 minutes.
4. Drizzle remaining 1 Tbsp olive oil over the dough. Press the dough all over with your fingertips to make dimples, then sprinkle with the rosemary and sea salt.
5. Insert the drip tray in the bottom of air fryer, then place the focaccia pan on the drip tray. (If the pan's handles keep it from fitting, you can angle the pan; it won't affect the results.)
6. Set to BAKE at 390°F for 30 minutes, then press START.
7. Bake until time is up and the focaccia is dark golden brown.
8. Remove the focaccia from the pan and let cool for about 5 minutes before serving.



Mini Mixed Berry Cobblers

Tools

- 4 4-oz ramekins

Ingredients

- Cooking spray
- 1½ cup raspberries
- 1½ cups blackberries
- 1½ cups blueberries
- ½ cup sugar
- 1 Tbsp cornstarch
- 1 tsp ground cinnamon
- 1 tsp fresh lemon juice
- 6 Tbsp unsalted butter, cubed and chilled
- ½ cup all-purpose flour
- ¼ cup old-fashioned oats
- Vanilla ice cream, for serving (optional)

🕒 Active Time **20 min**
Total Time **45 min**

👤 Servings **4**

👉 Level **EASY**

Though a mix of three berries is wonderful, you can make these cobblers using the same total amount (4 cups) of two or even just one kind, and it will still be delicious.

1. Spray 4 4-oz ramekins with cooking spray.
2. In a large bowl, combine all three berries, the sugar, cornstarch, cinnamon, and lemon juice and toss until berries are evenly coated.
3. Divide the berries among the prepared ramekins.
4. In a medium bowl, using an electric mixer fitted with the paddle attachment, beat the butter, flour, and salt on low speed until pea-sized pieces of butter form, about 4 minutes. (Alternatively, use two knives or fingers to cut the butter into the flour.)
5. Add the oats and combine by hand until well blended and crumbled.
6. Top the berries with the crumble mixture, then cover the ramekins with foil.
7. Insert drip tray in bottom of air fryer, then place ramekins on drip tray.
8. Set to BAKE at 325°F for 20 minutes and press START.
9. When time is up, carefully remove the foil from the ramekins.
10. Set to BAKE at 400°F for 5 minutes and press START.
11. Bake until the tops of the cobblers are dark golden brown.
12. Let cool briefly before serving warm, topped with ice cream if desired.



Lava Cakes

Tools

- 4 4-oz ramekins
- Electric mixer

Ingredients

- 8 Tbsp (½ cup) unsalted butter, plus more for ramekins
- 2 Tbsp all-purpose flour, plus more for ramekins
- 6 oz bittersweet baking chocolate
- 2 large eggs
- 2 large egg yolks
- ¼ cup sugar
- ⅛ tsp kosher salt
- Fresh raspberries, for serving (optional)
- Small fresh mint leaves, for serving (optional)



Active Time **25 min**

Total Time **40 min**



Servings **4**



Level **EASY**

Few can resist the allure of lava cake: Break into the baked exterior with your fork and out pours a warm chocolate filling.

1. Lightly butter and flour 4 4-oz ramekins, shaking out any excess flour.
2. Melt the 8 Tbsp butter and the chocolate together in a double boiler or in a medium heatproof bowl set over a pan of simmering water, about 8 minutes.
3. Meanwhile, using an electric hand mixer or stand mixer fitted with the whisk attachment, beat the eggs, egg yolks, sugar, and salt on high speed until thickened and pale yellow, about 5 minutes.
4. Whisk chocolate and butter to combine, then quickly fold it into the egg mixture.
5. Add the 2 Tbsp flour and fold until combined.
6. Divide the batter evenly among the prepared ramekins.
7. Place the ramekins on one wire rack and insert the rack into the bottom slot of the air fryer.
8. Set to BAKE at 375°F for 15 minutes and press START.
9. When the time is up, carefully remove the ramekins and let the lava cakes cool for 1 minute.
10. Carefully invert the cakes onto a plate and serve immediately, topped with raspberries and mint, if desired.



Cinnamon Sugar Donut Bites

Ingredients

- 5 Tbsp sugar
- 1 Tbsp ground cinnamon
- 1 8-count can refrigerated biscuit dough
- Cooking oil spray, preferably coconut
- 2 Tbsp unsalted butter, melted



Active Time **5 min**

Total Time **15 min**



Servings **32 Pieces**



Level **EASY**

Delicious bites of donuts with no deep frying!

1. In a medium bowl, stir the sugar and cinnamon together. Set aside.
2. Separate the dough into biscuits.
3. Cut each biscuit into quarters, then roll each quarter into a tight ball.
4. Spray the balls generously all over with cooking spray.
5. Spread the balls out on two wire racks, then insert the racks into the air fryer.
6. Set to AIR FRY at 370°F for 10 minutes and press START.
7. Cook, switching rack positions halfway through, until time is up and the donut bites are golden brown.
8. Carefully transfer the hot donut bites to a medium bowl and toss with the melted butter.
9. Immediately transfer the donut bites to the bowl of cinnamon-sugar and toss to evenly coat.
10. Serve warm for the best flavor.



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