

Air Fry Chart for the Cook & Crisp™ Basket



TIP Before using Air Fry, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Cut in half, trim stems	2 tsp	390°F	8-10 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-2-inch florets	1 Tbsp	390°F	10-13 mins
Brussels sprouts	1 lb	Cut in half, remove stems	1 Tbsp	390°F	15-18 mins
Butternut squash	1-1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	14-16 mins
Cauliflower	1 head	Cut in 1-2-inch florets	2 Tbsp	390°F	15-20 mins
Corn on the cob	4 ears, cut in half	Whole, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	7-10 mins
Kale (for chips)	6 cups, packed	Tear in pieces, remove stems	None	300°F	8-11 mins
Mushrooms	8 oz	Rinse, cut in quarters	1 Tbsp	390°F	7-8 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	20-25 mins
	1 lb	Hand-cut fries, thin	1/2-3 Tbsp canola	390°F	20-25 mins
	1 lb	Hand-cut fries, soak 30 mins in cold water then pat dry	1/2-3 Tbsp canola	390°F	24-27 mins
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-20 mins
POULTRY					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	22-25 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	24-28 mins
Chicken, whole	1 chicken (4-6 lbs)	Trussed	Brushed with oil	375°F	55-75 mins
Chicken drumsticks	2 lbs	None	1 Tbsp	390°F	20-22 mins

For best results, shake, toss, or flip often.

We recommend frequently checking your food and shaking, tossing, or flipping it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Air Fry Chart

for the Cook & Crisp™ Basket, continued

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INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
BEEF					
Burgers	4 quarter-pound patties, 80% lean	1-inch thick	None	375°F	10–12 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10–20 mins
PORK & LAMB					
Bacon	1 strip to 1 (16 oz) package	Lay strips evenly over edge of basket	None	330°F	13–16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (10–12 oz each)	Bone in	Brushed with oil	375°F	15–17 mins
	4 boneless chops (6–8 oz each)	Boneless	Brushed with oil	375°F	15–18 mins
Pork tenderloins	2 tenderloins (1–1 1/2 lbs each)	Whole	Brushed with oil	375°F	25–35 mins
Sausages	4 sausages	Whole	None	390°F	8–10 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6–8 oz each)	None	Brushed with oil	350°F	10–13 mins
Lobster tails	4 tails (3–4 oz each)	Whole	None	375°F	7–10 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	390°F	10–13 mins
Shrimp	16 jumbo	Raw, whole, peel, keep tails on	1 Tbsp	390°F	7–10 mins
FROZEN FOODS					
Chicken nuggets	1 box (12 oz)	None	None	390°F	11–13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	13–15 mins
Fish sticks	1 box (14.8 oz)	None	None	390°F	9–11 mins
French fries	1 lb	None	None	360°F	18–22 mins
	2 lbs	None	None	360°F	28–32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	6–9 mins
Pot stickers	1 bag (10 count)	None	Toss with 1 tsp canola oil	390°F	11–14 mins
Pizza Rolls	1 bag (20 oz, 40 count)	None	None	390°F	12–15 mins
Popcorn shrimp	1 box (16 oz)	None	None	390°F	8–10 mins
Tater Tots	1 lb	None	None	360°F	19–22 mins

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