



AN OVERVIEW OF THE AIR FRYER

WHAT IS IT, AND HOW DOES IT WORK?

An air fryer is a countertop appliance designed to simulate deep frying without submerging the food in oil. It operates like a small convection oven, circulating hot air to cook and brown the food.

AIR FRYER BENEFITS AND FEATURES

- Uses less fat than deep fryers.
- Generally safer than deep fryers but should not be left unattended.
- Produces crispy and flavorful food.
- Cooks food relatively fast.
- Easy to clean; easy to maintain.

There are primarily two types of air fryers available in the marketplace:
cylindrical basket air fryer units and air fryer ovens.

- The popular cylindrical basket air fryers are equipped with drawers with removable baskets which hold the food.
- Air fryer ovens work on the same principle, but the shape of an air fryer oven is like that of a toaster oven.
- Most models come in a two-liter to six-liter capacity and can range anywhere from \$59 to \$350.

WHEN USING AN AIR FRYER

- Don't overcrowd the basket.
- Flip foods or shake halfway through the cooking time.
- Use toothpicks to hold foods down.
- Use 100% oil* in oil mister/sprayer.
- Do not use nonstick cooking oil sprays/aerosols. These products contain additives that could harm air fryer or cooking process.

***Oils recommended for use in air fryers**
(Oil smoke points should be higher than cooking temperature):

- Avocado Oil – 520 F
- Ghee (clarified butter) – 482 F
- Extra Light Olive Oil – 468 F
- Soybean Oil – 453 F
- Peanut Oil – 445 F
- Coconut Oil, refined – 425 F
- Coconut Oil, virgin – 350 F
- Canola Oil – 400 F
- Extra Virgin Olive Oil – 375 F

TIPS

Cooking times and temperatures vary by air fryer model. General recommendations are provided here. For times and temperatures specific to your air fryer, please refer to the manufacturer's product information. This is particularly important for meats and seafood, which vary in size and are not considered done until the safe minimum internal temperature has been reached. See www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures.

Item	Temperature and Duration
Frozen foods	
Chicken Nuggets and Onion Rings	400 F/10min
French Fries	400 F/14min
Mozzarella Sticks	400 F/8min
Vegetables	
Brussels Sprouts and Carrots	400 F/10min
Cauliflower	400 F/12min
Carrot	380 F/15min

Item	Temperature and Duration
Meats and Seafood	
Chicken Breast	380 F/15-20min
Whole Chicken	360 F/75min
Wings	400 F/10min
Meatballs	400 F/12min
Bacon	400 F/8-10min
Sausage	380 F/15min
Shrimp	400 F/5-8min

RECIPES

Easy Air Fryer Chicken

Ingredients

- 2 boneless chicken thighs
- 2 teaspoons olive oil
- ½ teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon of black pepper

Procedure

1. Place the chicken in a large bowl and drizzle with the olive oil.
2. In a small bowl, stir together the salt, paprika, garlic powder, onion powder and black pepper. Sprinkle the spice mixture over the chicken.
3. Preheat air fryer to 375 F. Put chicken in air fryer. Cook for 3-4 minutes.
4. Flip the chicken and continue cooking for another 3-4 minutes. Chicken is ready when its internal temperature reaches 165 F. (Use a food thermometer to check).

Air Fryer Popcorn

Ingredients

- ¼ cup of kernels
- 2 tablespoons of oil

Procedure

1. Turn on air fryer at 400 F.
2. Mix kernels and oil in bowl, then transfer mixture to air fryer basket.
3. Cook for 8-10 minutes.
4. When the popping stops, the popcorn is ready.
5. Put into a bowl immediately and season to taste.

Note: For easy clean-up and/or if basket holes are larger than the kernels, line bottom of basket with aluminum foil.

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AIR FRYER ACCESSORIES

1. Cake Barrel
2. Cupcake Pan
3. Pan
4. Double-layer Grill Rack
5. Single-layer Grill Rack
6. Bread Rack
7. Silicone Pot Clamp
8. Baking Oil Paper
9. Pot Mat
10. Food Tongs



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