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Please note that these recipes are general guidelines. Your ingredients may differ in size or thickness so we can't guarantee the best settings for your specific ingredients. Please keep an eye on your food while cooking to ensure the best results for you.

Recipe book can be used with all
Modernhome Air Fryers

Food

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HARD AND SOFT BOILED EGGS

INGREDIENTS:

Large Eggs (straight from refrigerator)

RECIPE:

1. Place eggs in air fryer basket
2. Place basket in air fryer – for soft boiled eggs, cook at 250° for 17 minutes
3. For hard boiled eggs, cook at 300° for 10 minutes





CHEESY BREAKFAST EGG TOAST

INGREDIENTS:

1 Slice of Bread
1 Large Egg
Shredded Cheese to Taste
Salt & Pepper to Taste
Butter

RECIPE:

1. Using a spoon, flatten out the center of your piece of bread
2. Butter your bread
3. Crack egg into flattened section of bread
4. Salt and Pepper to taste
5. Sprinkle shredded cheese around the egg on bread and egg white
6. Carefully place egg bread in air fryer basket
7. Place basket in air fryer and cook at 350° for 10 minutes for over easy, or 11 minutes for well done

BAKED POTATOES

INGREDIENTS:

1 or 2 Large Idaho potatoes
Aluminum Foil

RECIPE:

1. Wash potatoes
2. Wrap potatoes in foil
3. Place potatoes in air fryer basket
4. Place basket in air fryer and cook at 390° for 40-50 minutes





BRUSSEL SPROUTS WITH CHILI

INGREDIENTS:

10 oz Brussel Sprouts
1 TB Chili Paste
3 TB Salted Butter
Salt
Aluminum Foil

RECIPE:

1. Rinse brussel sprouts
2. If using small sprouts, cut in half; for larger sprouts (approximately 1 1/2" across) cut into quarters
3. Apply chili paste to the cut sides of brussel sprouts
4. Place brussel sprouts into aluminum foil
5. Chop butter and place on top of brussel sprouts
6. Close aluminum foil around the brussel sprouts creating a closed packet
7. Place foil packet in air fryer basket
8. Place basket in air fryer and cook at 300° for 10-15 minutes
9. Salt to taste

ROASTED CAULIFLOWER & BROCCOLI

INGREDIENTS:

½ Head of Cauliflower

½ Head of Broccoli

Salt

Olive Oil

RECIPE:

1. Rinse broccoli and cauliflower
2. Break heads of broccoli and cauliflower into florets
3. Toss florets in olive oil to coat
4. Salt florets to taste
5. Place florets in air fryer basket
6. Place basket in air fryer and cook at 390° for 7-12 minutes

** Tastes great with Balsamic vinegar too





ROASTED KALE CHIPS

INGREDIENTS:

½ Bunch of Young Kale Leaves
BBQ Rub or Seasoning of Choice
Salt
Olive Oil

RECIPE:

1. Rinse kale
2. Cut kale into approximately 2" pieces
3. Rub kale with BBQ rub or seasoning of choice
4. Toss seasoned kale with just enough oil to coat the leaves lightly
5. Lightly salt kale to taste
6. Place seasoned kale in air fryer basket
7. Place basket in air fryer and cook at 350° for 4 minutes
8. Remove the basket and flip the kale ensuring that no pieces are sticking to the basket
9. Replace the basket in the air fryer and cook at 350° for 3-5 minutes
10. Add salt to taste

FRENCH FRIES

INGREDIENTS:

1 lb Idaho Potatoes
Salt Water Brine
1 TB Olive Oil
Salt or Seasoning (Cajun Seasoning Blend or
Rosemary Leaves)

RECIPE:

1. Mix approximately 2 cups of cold water with 2 TB of salt until water is cloudy
2. Cut potatoes into ½" squared slices
3. Place sliced potatoes into salt brine
4. Soak in brine for 30 min
5. Pat dry before placing in a mixing bowl
6. Toss with olive oil until lightly coated
7. Sprinkle seasoning on top of potatoes
(If salting only, wait until the end as the brine salts the potatoes quite a bit and you may not need any extra)
8. Place potatoes in air fryer basket no more than two layers thick
9. Cook at 400° for 10-12 minutes
10. Stir fries to ensure that they cook evenly
11. Cook at 400° for 8-10 more minutes
12. Salt to taste
13. Repeat steps 8-12 until all fries are cooked





SWEET POTATO FRIES

INGREDIENTS:

- 1 lb Sweet Potatoes
- 2 TB Olive Oil
- 2 Cups Cold Water
- Salt or Seasoning Blend

RECIPE:

1. Cut potatoes into 1/2" squared slices
2. Place sliced potatoes into cold water
3. Soak in cold water for 30 minutes
4. Remove potatoes from water and pat dry before placing in a large mixing bowl
5. Toss potatoes with olive oil until lightly coated
6. Sprinkle salt or seasoning blend on top of potatoes and stir to mix
7. Place seasoned potatoes in airfryer basket ensuring that they are no more than two layers thick
8. Place basket in airfryer and cook at 400° for 12 minutes
9. Stir fries to ensure that they cook evenly
10. Cook at 400° for 10-12 more minutes
11. Repeat steps 7-10 until all fries are cooked

** For crispier fries, cook at 390° for 10 minutes each time

GREEN BEAN FRIES

INGREDIENTS:

- ¼ cup Corn Starch
- 1 lb Fresh or Frozen Green Beans
- ¾ cup Panko Bread Crumbs
- ¼ tsp Garlic Powder
- ¼ tsp Onion Powder

RECIPE:

1. If using fresh green beans, wash and trim
2. Put corn starch in a shallow dish
3. Combine panko, garlic powder, onion powder, paprika, salt and pepper in a shallow dish
4. Beat eggs or pour soup into shallow dish
5. Coat green beans in corn starch, shaking off any excess
6. Dip Green Beans in egg wash or soup and allow excess to drip off
7. Toss green beans in breadcrumb mix
8. Place breaded green beans in air fryer basket ensuring there is only a single layer
9. Cook at 370° for 7 minutes
10. Remove basket and flip green beans
11. Cook at 370° for 4 minutes longer if fresh, and 6 minutes longer if frozen
12. Serve with your choice of dipping sauce





CHICKEN TENDERS

INGREDIENTS:

- 1 lb Chicken Breast Tenderloins
- 1 TB Italian Seasoning
- 1 tsp Garlic Powder
- ¼ tsp Salt
- ½ cup Finely Shredded Parmesan Cheese
- 1 cup Panko or Regular Breadcrumbs
- ¼ cup All Purpose Flour
- 2 Large Eggs

(or substitute condensed cream of chicken soup)

RECIPE:

1. Place flour in a shallow dish
2. Combine Parmesan, breadcrumbs, garlic powder, salt and Italian seasoning in a shallow dish
3. Beat eggs or pour soup into shallow dish
4. Coat tender in flour, shaking off any excess
5. Dip each tender in egg wash/soup, allow any excess to drip off
6. Roll tenders in breadcrumb mix
7. Place tenders in air fryer, ensuring that there is only a single layer with space between each tender
(approximately 5 will fit depending on size)
8. Cook at 390° for 20-30 minutes, flipping
9. Remove chicken tenders from basket and serve with a dipping sauce of your choice

CHICKEN WINGS

INGREDIENTS:

½ cup Flour
¼ cup Cornstarch
½ tsp Baking Powder
½ tsp Baking Soda
½ tsp Salt
Water
Chicken Wings
Aluminum Foil
Sauce to Dip or Coat Chicken Wings in

RECIPE:

1. Combine dry ingredients in a bowl large enough to fit a chicken wing
2. Add water slowly to dry ingredients while mixing, until it reaches a pancake batter consistency
(thinner batter will make the breading crispier)
3. Place chicken wings in batter until coated
4. Line air fryer basket with aluminum foil and put chicken wings in, ensuring that they are no more than 1 layer thick
5. Cook at 390° for 20 minutes, flipping
6. Cook at 400° for an additional 2-4 minutes
7. Toss cooked chicken wings in your favorite sauce and enjoy
8. Repeat steps 3-7 until all chicken wings are cooked





CHICKEN DRUMSTICKS

INGREDIENTS:

2-3 Drumsticks
Teriyaki Sauce or Marinade of Choice
Gallon Ziplock Bag

RECIPE:

1. Rinse drumsticks
2. Place drumsticks and teriyaki sauce (or other marinade) in a gallon ziplock bag and let sit for 30 minutes
3. Place drumsticks in air fryer basket
4. Place basket in air fryer and cook at 400° for 20 – 35 minutes, checking after 20 minutes for doneness

WHOLE CORNISH HEN

INGREDIENTS:

1 Cornish Hen
4 TB Butter
Salt
Pepper

RECIPE:

1. Rinse Cornish hen
2. Place butter under skin
3. Sprinkle salt and pepper on Cornish hen
4. Place Cornish hen in air fryer basket
5. Put basket in air fryer and cook at 400° for 35-55 minutes, or until internal temperature reaches 165°





LIME CHILI PORK CHOPS

INGREDIENTS:

2 Medium Pork Chops (Approximately ¾” Thick)
¼ cup Lime Juice
½ tsp Chili Powder
1 tsp Salt
1 tsp Pepper
Ziplock Bag

RECIPE:

1. Mix lime juice, chili powder, salt and pepper in a ziplock bag
2. Place pork chops in sealed ziplock bag with marinade and let sit for at least 30 minutes
3. Place marinated pork chops in air fryer basket ensuring that they are only one layer thick
4. Place basket in air fryer and cook at 390° for 12 – 20 minutes, or until internal temperature reaches 145°

STEAK FOR FAJITAS OR TACOS

INGREDIENTS:

1 lb Sirloin Steak
Taco Seasoning

RECIPE:

1. Cut steak into 2" strips 1/4" thick
2. Place steak in bowl and coat with taco seasoning, mixing well
3. Place steak in air fryer basket ensuring it is no more than one layer deep
4. Place basket in air fryer and cook at 370° for 4 minutes
5. Remove basket and stir steak
6. Place basket in air fryer and cook at 370° for 3 more minutes





GROUND SIRLOIN BURGER

INGREDIENTS:

- 8 oz Ground Sirloin
- ½ tsp Salt
- ½ tsp Pepper
- ½ tsp Chili Powder
- ½ tsp Garlic

RECIPE:

1. In a bowl, combine ground sirloin with salt, pepper, chili powder and garlic and mix thoroughly
2. Make a 4" burger patty (approximately 7/8" thick)
3. Place patty in air fryer basket
4. Place basket in air fryer and cook at 360°
5. For a medium rare burger, cook for 15 minutes
6. For a well done burger, cook for 18 minutes

** USDA Guidelines recommend ground burger meat be cooked to an internal temperature of 160° (well done) for optimal safety

LEMON MAHI MAHI

INGREDIENTS:

1 6 oz Mahi Mahi
2 TB Butter
2 ¼" Slices of Lemon
Salt
Aluminum Foil

RECIPE:

1. Create a shallow dish out of aluminum foil
2. Rinse mahi mahi
3. Place mahi mahi in aluminum dish
4. Place butter on top of mahi mahi
5. Place slices on top of mahi mahi
6. Place dish with mahi mahi in air fryer basket
7. Place basket in air fryer and cook at 360° for 12-18 minutes, flipping halfway
8. Salt to taste and serve





TUNA STEAK

INGREDIENTS:

1 4 oz Tuna Steak
Salt
Lemon Pepper
Olive Oil
Soy Sauce
Aluminum Foil

RECIPE:

1. Create a shallow dish from aluminum foil
2. Rinse tuna steak
3. Rub tuna steak with lemon pepper and salt
4. Place tuna in aluminum foil dish and sprinkle with olive oil
5. Place dish with tuna into air fryer basket
6. Place basket into air fryer and cook at 350° for 7 minutes (rare) or 9 minutes (medium) (Tuna should be rare in the center)
7. Serve with soy sauce

TERIYAKI SALMON

INGREDIENTS:

Salmon
¾ cup Soy Sauce
½ cup Packed Brown Sugar
6 TB Rice Wine Vinegar
2 Cloves Garlic Crushed
1 tsp Grated Ginger
Aluminum Foil

RECIPE:

1. Combine soy sauce, brown sugar, red wine vinegar, garlic and ginger in a pan
2. Heat teriyaki sauce until sugar dissolves
3. Soak salmon in teriyaki sauce for a minimum of 20 minutes to overnight
4. Make a shallow dish out of aluminum foil
5. Place marinated salmon in aluminum
6. Place dish with salmon in air fryer basket
7. Place basket in air fryer and cook at 380° for 7 minutes
8. Remove basket from air fryer and add additional marinade to top of salmon
9. Place basket in air fryer and cook at 380° for 6-9 additional minutes while checking





BREAD PUDDING

INGREDIENTS:

9-12 cups Dried Cubed French Bread
3 cups Whole Milk
8 TB Butter (1 Stick)
3 Large Eggs
3 Large Egg Yolks
2 cups Granulated Sugar
2 TB Vanilla
2 tsp Cinnamon
1 Qt Pyrex Bowl
Cointreau Sauce

RECIPE:

1. Put milk and butter in a microwave safe bowl and heat in microwave, or on stove, until butter melts
2. Whisk eggs in a large mixing bowl
3. Add sugar, vanilla and cinnamon to eggs and whisk together
4. Add cooled milk and butter mixture to eggs slowly while whisking together until sugar dissolves
5. Add dried bread to pyrex bowl until full
6. Add custard mix to bread until bread is thoroughly soaked
7. Push bread mix down and add additional bread as necessary until bowl is nearly full (add additional custard mix to bread if necessary)

BREAD PUDDING (continued):

8. Let bread soak in custard mix for 10 minutes
9. Place pyrex in air fryer basket
10. Place basket in air fryer and cook at 270° for 60 minutes
11. Allow bread pudding to cool
(the top will begin to sink)
12. Serve with Cointreau sauce

COINTREAU SAUCE FOR BREAD PUDDING

INGREDIENTS:

- ½ cup Butter
- 1 cup Sugar
- 1 Large Egg
- ¼ cup Cointreau

RECIPE:

1. Add butter, sugar and egg to a sauce pan
2. Heat over low heat stirring constantly until the mixture thickens enough to coat the back of a spoon – do not allow to simmer
3. Whisk in Cointreau slowly to taste
4. Allow to cool slightly, and serve over bread pudding



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