

The Halogen Air-fry, Crisp & Dry makes chips and fried snacks deliciously crispy in a healthy way, by providing a new alternative to traditional deep frying. Crispy golden brown chips prepared in the Halogen Air-fry, Crisp & Dry are a tasty and healthier treat for all the family!

You can also prepare other delicious foods in the halogen fryer such as chicken nuggets, fish cakes or meatballs. If you really want to show-off your culinary talents, use the halogen fryer to prepare tasty tapas and other snacks. The halogen fryer helps you turn delicious food into a healthy feast!

### Halogen Air-fry, Crisp & Dry - Tips & tricks

- To cook homemade chips or other crispy potato dishes you only need half a tablespoon of oil for 200g of potatoes.
- Mix fine breadcrumbs with a tablespoon of oil for a crispy coating on the desired dish - no more oil required.
- Drumstick and satay dishes need only a thin coating of oil.
- Readymade chips and snacks do not require any oil to be added to the fryer.
- Favourite ingredients and snacks can be prepared in a healthier way, some requiring no oil at all.

The Halogen Air-fry, Crisp & Dry is easy to use. Follow these steps to put deliciously crispy chips, snacks and more on your table:

- Add required amount of oil (if necessary).
- Place the halogen fryer set onto the glass bowl, put the ingredients on the rack of halogen fryer set.
- Ensure the air vent is in the open position.
- Close lid.
- Set the required frying time and temperature.
- Check all food is cooked thoroughly before serving.
- Always serve chips before adding salt, vinegar or other accompaniments.

## Tasty, healthy and quick recipes for the halogen fryer

### Chips

200g frozen oven chips

Spread out the chips evenly on the rack of the halogen fryer and set the timer to 15 minutes.

Set the Halogen fryer temperature to 180°C. Fry the chips until golden brown and serve.

### Tips

To fry larger quantities of chips or frozen chips for deep frying either fry in 200g batches or to fry a large amount of chips in one batch, set the temperature to 180°C and use a frying time of 18-20 minutes. Turn chips after 9-10 minutes for an even colour.

- If using freshly cut chips or frozen chips for deep frying mix in a bowl with ½ tablespoon of olive oil before frying.

### Fish & Chips

Main course - 2 portions

Frying time: 12-15 minutes

### Ingredients:

200g white fish fillet (haddock, cod, pollock)

30g tortilla chips

1 egg

300g red potatoes

1 tablespoon of vegetable oil

½ tablespoon of lemon juice

### Method:

1. Preheat the halogen fryer to 180°C.
2. Cut the fish into four equal pieces and glaze with lemon juice, salt and pepper. Leave for 5 minutes.
3. Finely grind the tortilla chips in a food processor. Beat the egg.
4. Dip the pieces of fish into the beaten egg one by one and roll them in the ground tortilla chips so that they are completely covered.
5. Scrub the potatoes clean and cut them into long thin strips. Soak the potato strips in water for at least 30 minutes. Drain thoroughly, pat dry with kitchen paper, and coat them with oil.
6. Position the potato strips on one side and the pieces of fish on the other.
7. Set the timer to 12-15 minutes and fry the potatoes and the fish until they are crispy brown. Delicious served with a green salad.

### Fried Potato Slices with Garlic

Side dish - 4 portions

Preparation time: 10 minutes

Frying time: 20 minutes

### Ingredients:

250g waxy potatoes

1 clove garlic, crushed

1 tablespoon fresh thyme

1 tablespoon olive oil

Sea salt

### Method:

1. Preheat the halogen fryer to 180°C. Peel potatoes and slice them into thin discs. Soak in water for at least 30 minutes. Drain thoroughly and pat the tops of the slices dry with kitchen paper.
2. Mix the garlic, thyme and olive oil in a bowl and use to coat the potatoes.
3. Transfer the potato slices to the fryer rack. Set the timer to 20-22 minutes and fry the potatoes until they are golden brown.
4. Delicious when served with lamb chops or cutlets.

### Potato Croquettes with Parmesan Cheese

Side dish - 4 portions (12 croquettes in total)

Preparation time: 30 minutes

Frying time: 8-12 minutes

### Ingredients:

300g starchy potatoes, peeled and cubed

1 egg yolk

50g grated Parmesan cheese

2 tablespoons of flour

2 tablespoons of finely chopped chives

Freshly ground pepper

Nutmeg

2 tablespoons of vegetable oil

50g bread crumbs

### Method:

1. Boil the potato cubes in salted water for 15 minutes until ready. Drain the potatoes and mash finely with a potato masher or a ricer. Allow mashed potatoes to cool.

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- Add the egg yolk, grated Parmesan, flour and chives to the mashed potato and mix well. Season with salt, pepper and nutmeg to taste.
- Preheat the halogen fryer to 200°C. Mix the oil and bread crumbs together and stir until the mixture becomes loose and crumbly.
- Shape the potato mix into 12 croquettes and roll them through the bread crumbs until they are completely coated.
- Put six croquettes on the halogen fryer rack, set the timer to 4-6 minutes and fry until crispy and brown. Repeat for the remaining croquettes and serve.

#### Tips

- If you wet your hands slightly before shaping the croquettes, the mix forms easily into smooth croquettes.
- Prepare as many croquettes as you wish and freeze the uncooked croquettes. You can then fry the frozen croquettes in the halogen fryer when required. Adjust the cooking time if necessary. Always check to ensure food is cooked thoroughly before serving.

#### Feta Triangles

Appetiser - 15 portions

Preparation time: 20 minutes

Frying Time: 9-15 minutes

#### Ingredients:

- 1 egg yolk
- 100g feta
- 2 tablespoons of finely chopped flat-leaved parsley
- 1 spring onion, finely sliced into rings
- Freshly ground black pepper
- 5 sheets of filo pastry
- 2 tablespoons of olive oil

#### Method:

- Beat the egg yolk in a bowl and mix the feta, parsley and spring onion and season with pepper to taste.
- Cut each sheet of filo pastry into three strips.
- Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zig-zag until the filling is wrapped up in a triangle of pastry. Fill the other strips of pastry with

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feta by repeating this step.

- Preheat the halogen fryer to 200°C.
- Brush the triangles with a little oil, place 5 triangles on the halogen fryer rack and set the timer to 3-5 minutes. Bake the feta triangles until they are golden brown. Bake the other feta triangles in the same manner and serve.

#### Meatballs with Feta

Appetiser - 10 meatballs

Preparation time: 10 minutes

Frying time: 8-10 minutes

#### Ingredients:

- 150g minced lamb or lean minced beef
- 1 slice of stale crumbed white bread
- 50g crumbled Greek feta,
- 1 tablespoon of finely chopped fresh oregano
- ½ tablespoon of grated lemon peel
- Freshly ground black pepper
- Round, shallow oven dish, approx. 15cm diameter
- (Tapas forks)

#### Method:

- Preheat the halogen fryer to 200°C.
- Mix the mince in a bowl with the bread crumbs, feta, oregano, lemon peel and black pepper, thoroughly kneading the ingredients together.
- Divide the mixed mince into 10 equal portions and form smooth balls.
- Put the balls in the oven dish and place this dish on the basket. Set the timer to 8-10 minutes and bake the mince balls until brown.
- Serve the hot meatballs with tapas forks.

#### Tips

- If you wet your hands slightly before shaping the meatballs, the mix forms easily into shape.
- Prick the meatballs onto a tapas fork with half a black olive and a strip of roasted bell pepper, as a serving suggestion.

#### Ricotta Balls with Basil

Appetiser - 20 portions

Preparation time: 15 minutes

Frying time: 16-20 minutes

#### Ingredients:

- 250g ricotta
- 2 tablespoons of flour
- 1 egg, separated
- Freshly ground pepper
- 15g finely chopped fresh basil
- 1 tablespoon of finely chopped chives
- 1 tablespoon of grated orange peel
- 3 slices of stale white bread
- 1 tablespoon of olive oil

#### Method:

- Mix the ricotta in a bowl with the flour, egg yolk, 1 teaspoon of salt and freshly ground pepper. Stir the basil, chives and orange peel into the mixture.
- Divide the mixture into 20 equal portions and shape them into balls. Let the balls rest for a while.
- Grind the bread slices into fine bread crumbs with a food processor and mix with the olive oil. Pour the mixture into a deep dish. Briefly beat the egg white separately.
- Preheat the halogen fryer to 200°C.
- Coat the ricotta balls in the egg white and then in the bread crumbs.
- Put 10 balls in the basket. Set the timer to 8-10 minutes. Bake until golden brown. Repeat for the remainder of the balls and serve.

#### Tips

- If you wet your hands slightly before shaping the ricotta balls, the mix forms easily into shape.
- Mix some freshly ground chilli flakes through the ricotta mixture for spicier balls. Colour the bread crumbs red in that case by adding two to three teaspoons of paprika to the olive oil.

### Mini Frankfurters in Pastry

Appetiser - approx. 20 portions

Preparation time: 10 minutes

Frying time: 20-22 minutes

#### Ingredients:

20 mini frankfurters

100g ready-made puff pastry

1 tablespoon mustard

#### Method:

1. Preheat the halogen fryer to 200°C.
2. If using tinned Frankfurters drain thoroughly and dab them dry on a sheet of kitchen paper.
3. Cut the puff pastry into strips measuring approx. 5 x 1.5cm and coat the strips with a thin layer of mustard.
4. Wrap each Frankfurter into a strip of pastry.
5. Put half the Mini Frankfurters in Pastry in the basket. Set the timer to 10-11 minutes. Bake the Mini Frankfurters until golden brown. Bake the remaining Mini Frankfurters in Pastry in the same manner.
6. Serve the Mini Frankfurters in Pastry accompanied by a small dish of mustard.

### King Prawns in Ham with Red Pepper Dip

Appetiser - 10 portions

Preparation time: 15 minutes

Frying time: 13-14 minutes

#### Ingredients:

1 large red pepper cut into halves

10 king prawns

5 slices of raw ham

1 tablespoon of olive oil

1 large, crushed clove of garlic

½ tablespoon of paprika

Freshly ground black pepper

(Tapas forks)

#### Method:

1. Preheat the halogen fryer to 200°C. Put the pepper in the basket. Set the timer to 10 minutes. Roast the pepper until the skin is slightly charred. Put the pepper in a bowl and cover with a lid or cling film. Leave for 15 minutes.
2. Peel the prawns, make an incision in the back and remove the black vein. Halve the

slices of ham lengthwise and wrap each prawn in a slice of ham.

3. Coat the parcels with a thin film of olive oil and put them in the basket. Set the timer to 3-4 minutes. Fry the prawns until crispy.
4. In the meantime, peel the skin off the pepper halves, remove the seeds and cut the pepper into pieces. Puree the pepper in the blender with the garlic, paprika and olive oil. Pour the sauce into a dish and season with salt and pepper to taste.
5. Serve the prawns in ham with red pepper dip with tapas forks.

#### Tips

- Replace the red pepper dip with ready-made puree, mixed with garlic or serve the prawns with garlic mayonnaise.

### Garlic Mushrooms

Appetiser - 12 mushrooms

Preparation time: 10 minutes

Frying time: 10 minutes

#### Ingredients:

1 slice of white bread

1 crushed clove of garlic,

1 tablespoon of finely chopped flat-leaved parsley

Freshly ground black pepper

1 tablespoon of olive oil

12 chestnut mushrooms

#### Method:

1. Preheat the halogen fryer to 200°C.
2. Grind the slices of bread into fine crumbs in a food processor and mix in the garlic, parsley and seasoning to taste. Lastly, stir in the olive oil.
3. Cut off the mushroom stalks and fill the caps with the breadcrumb mix.
4. Put the mushroom caps in the basket. Set the timer to 10-12 minutes. Bake the mushrooms until crispy and golden then serve.

#### Tips

- Alternatively, mix the bread crumbs with strips of ham, spring onion and grated cheese.

### Spicy Drumsticks with Barbecue Marinade

Main course - 4 portions

Preparation time: 5 minutes  
(+ 20 min to marinade)

Frying time: 20-22 minutes

#### Ingredients:

1 crushed clove of garlic

½ tablespoon of mustard

2 teaspoons of brown sugar

1 teaspoon of chilli powder

Freshly ground black pepper

1 tablespoon of olive oil

4 chicken drumsticks

#### Method:

1. Preheat the halogen fryer to 200°C.
2. Mix the garlic with the mustard, brown sugar, chilli powder, a pinch of salt and freshly ground black pepper to taste. Then add the olive oil.
3. Cover the drumsticks with the marinade and leave to marinate for 20 minutes.
4. Put the drumsticks in the basket. Set the timer to 10-12 minutes. Roast the drumsticks until brown.
5. Lower the temperature to 150°C and then roast the drumsticks for another 10 minutes until done.
6. Serve the drumsticks with a sweetcorn salad and French bread.

#### Tips

##### Sweetcorn Salad

- Cut four tomatoes into quarters and remove the seeds. Cut the flesh of the tomatoes into cubes.
- Mix the sweetcorn with the tomato cubes, 1 finely sliced spring onion, the juice of half a lime, 2 tablespoons fresh, coarsely chopped coriander, and some salt and freshly ground chilli pepper to taste.

##### Chicken legs

- This marinade is also great for chicken legs. You can roast two chicken legs at a time in the halogen fryer, first 10 minutes at 200°C and then 20 minutes at 150°C.

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## Tasty, healthy and quick recipes for the halogen fryer

### Roasted Asian Chicken Wings

Main course - 4 portions

Preparation time: 5 minutes

Frying time: 10-12 minutes

#### Ingredients:

2 cloves of garlic

2 teaspoons of ginger powder

1 teaspoon of ground cumin

Freshly ground black pepper

500g chicken wings

100ml sweet chilli sauce

#### Method:

1. Preheat the halogen fryer to 180°C.
2. Mix the garlic with the ginger powder, cumin, freshly ground black pepper and some salt. Spread the herbs over the chicken wings.
3. Put the chicken wings on the basket. Set the timer to 10-12 minutes and roast the chicken wings until they are crispy brown.
4. Serve the chicken wings with the chilli sauce as a main course or a snack.

#### Tips

- Serve the chicken wings as a main course with stir-fried noodles and pak choi. Boil 250g noodles until al dente. Stir-fry 3 spring onions and 1 bunch of pak choi cut in broad strips in a wok with 2 tablespoons of oil for 2-3 minutes. Spoon in the noodles and season with soy sauce to taste.
- The chicken wings are also a very tasty snack.

### Mediterranean Chicken Nuggets

Main course - 4 portions

Preparation time: 20 minutes

Frying time: 20-24 minutes

#### Ingredients:

2 slices stale white bread

1 tablespoon of spicy paprika powder

1 tablespoon of olive oil

250g diced chicken fillet

1 egg yolk

2 egg whites

1 crushed clove of garlic

2 tablespoons of red pesto

Freshly ground black pepper

1 tablespoon of finely chopped flat-leaved parsley

(Food processor)

#### Method:

1. Break up the bread and grind with the paprika powder in a food processor until you have a breadcrumb mixture and mix in the olive oil. Transfer this mixture to a bowl.
2. Then purée the chicken fillet in the food processor and mix with the egg yolk, garlic, pesto, and parsley. Add ½ teaspoon salt and pepper to taste.
3. Preheat the halogen fryer to 200°C.
4. Whisk the egg whites in a bowl. Shape the chicken mixture into 10 balls and press them into oval nuggets. Coat the nuggets first with egg white and then with breadcrumbs. The nuggets must be coated all over with breadcrumbs.
5. Put five nuggets on the rack. Set the timer to 10-12 minutes. Fry the nuggets until golden brown. Repeat to fry the remainder of the nuggets. Delicious served with chips and a fresh salad.

#### Tips

- Make Italian nuggets with green pesto and 25g Parmesan cheese, or Greek nuggets with grated lemon peel, finely chopped oregano and 25g crumbled feta cheese.

### CLEANING

- Wash in warm, soapy water with a soft cloth. Allow to dry fully before storing.
- Not dishwasher safe.
- Removable basket allows for easy cleaning.
- Do not leave the Halogen Air-fry soaking, rinse any food residue off if the Halogen Air-fry cannot be cleaned and dried promptly.
- Do not leave the Halogen Air-fry to air dry, always dry with a soft cloth after washing and rinsing.
- Do not use any abrasive cleaner or scourer pads to clean the Halogen Air-fry.
- Warning: The Halogen Air-fry can be damaged if exposed to corrosive substances: Salt - from foods, water softener salt, food acids, detergents etc. if left for extended periods. Please follow the care instructions above to avoid any problems.

### PACKAGING

- Dispose of packaging at your local recycling centre.
- Dispose of paper and carton separately from plastic bags at your local recycling centre.
- Dispose of item at the end of its lifespan at your local authorised household waste recycling centre.