

AIR FRYER APPETIZERS, FULLY



THE COOKFUL

Edited by Christine Pittman and Heather McCurdy

Air Fryer Appetizers, Fully

Say hello to Air Fryer Appetizers! We can't wait for you to try these traditionally fried apps made healthier in the air fryer. You're going to love them.

We've researched methods and tested classic favorites to bring you the very best recipes that will become part of your regular cooking rotation. We just know that these healthy "fried" appetizers are going to become a delicious part of your life.

Let's get fried!

Christine



THE COOKFUL

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Edited by Christine Pittman and Heather McCurdy. Designed by [Garnishing Co.](#)

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What Is an Air Fryer?

By Kevin Kessler

We've done the research and are sharing everything we learned that will help you figure out what the heck an air fryer even is. Nothing but the facts, my friends.

It seems like everywhere you go, someone is talking about their new air fryer. It's the latest kitchen craze sweeping through the nation, but is it truly worth your money? Does it add more to the cooking experience? And what kind of dishes are best prepared in this unique appliance?

Air Fryers aren't a new invention. They first hit shelves in 2010 and have spent the last eight years slowly gaining popularity. Air fryers were first patented by Philips Electronics Company and are meant to create a "deep frying" experience using a tiny amount of oil coupled with hot air.

An air fryer delivers a similar crunchy taste to the fried foods we've come to know and love without all the fattening oil gumming up our arteries.

HOW DOES AN AIR FRYER WORK?

What's interesting about an air fryer is that they aren't truly fryers in the classical sense. They're countertop convection ovens using a fan to circulate hot air. That air cooks food within a removable basket, similar to the steeping grate in a deep fryer. When the food is ready, you just pull out the basket and you're done.

Because of the compact nature of an air fryer, food cooks even faster. The heating mechanism is housed in the top of the unit, along with the fan. Hot air is blown down into the basket, crisping the food through rapid circulation. Most units include a dishwasher safe basket, so cleanup is a breeze.

If you're looking for a carbon copy of deep-fried foods, you may be in for a disappointment. Air fryers turn out crisp and nicely cooked foods, but it's not 100% the same as using a deep fryer.

You can use an air fryer to make some typical deep-fried foods like frozen French fries, breaded fish, breaded chicken, chicken fingers or nuggets, frozen onion rings, jalapeno poppers and more. But don't count on this appliance to fry anything with a liquid batter coating it, unless you freeze it first.

Also remember that these are compact little machines, not industrial-sized fryers. You're

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not going to feed an army or a dinner party. If you have a large number of people that you're looking to fry up some food for, make sure you're cooking in batches.

THE BOTTOM LINE

Air fryers are the trendy thing right now, but don't let a hipster mentality of hating something just because it's "in" stop you from making a great purchase that will help you create some dynamite food.

If you have a friend who cooks with an air fryer, try theirs out for yourself before buying one. This is an expensive piece of kitchen hardware, with some brands costing up to \$300. Make sure you like the end result before spending the money.

Do you have an air fryer? What do you think of it? Has it been a tremendous addition to your kitchen or did you box it up and never use it again?

The Pros and Cons of Cooking with an Air Fryer

By Kevin Kessler

Everyone's talking about air fryers right now. But do you really need another kitchen appliance? We're sharing the pros and cons so you can decide for yourself.

If you're on social media as much as I am, you've probably seen more posts about air fryers than you know what to do with. With so many people raving about this appliance, it must be a powerful cooking tool.

But like anything else in this world, it all comes down to a matter of preference. What could be a positive for one person might be a negative to another. To that end, we've decided to make a list of what we believe are the pros and cons of cooking with an air fryer to shed some light on this new kitchen trend and help you make a more informed purchase decision.

THE PROS OF USING AN AIR FRYER

There's a lot to love about this appliance. If there weren't, people wouldn't be grabbing them off the shelves at the rate they're going. Here are some of the air fryer's best qualities.

WORKS FAST

An air fryer cooks much faster than an oven or stove top. Because most of the heat stays inside, it can preheat within minutes. During the actual cooking process none of the heat is expelled into the open air. In fact, it's only intensified by constant circulation, cooking even frozen foods in record time.

ENERGY EFFICIENT

Because of the compact nature of an air fryer, you won't have to worry about your kitchen turning into a sauna during the summer, like one normally would with a conventional oven. Because it's so small, it doesn't require a lot of power to run. So, not only are you cooking faster, you're also using less energy to do it.

HEALTHIER FOODS

Deep fried foods are slathered in oil, which isn't very healthy. Air fryers use oil but not nearly as much. A little bit of oil goes a long way when exposed to hot air. Excess oil drains away from the food, which is perfect for some of the naturally oilier snacks that have become a

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regular part of the American diet.

COMPACT

Air fryers are typically small, not much larger than a toaster. It's perfect for smaller kitchens, particularly in apartments or condos. An air fryer would be perfect in an RV or camper and could be useful to cook on the go or at a camp site.

SIMPLE

You don't have to be a master chef to get the most out of your air fryer. Simply set the temperature and time, place your food in the basket and let the machine do its job.

CONS OF USING AN AIR FRYER

No appliance is perfect, and air fryers are no exception. Here are some of the cons we've found in using an air fryer.

FOOD BURNS EASILY

That short cooking time throws a lot of newbies off. Since you're typically frying between 300 and 400 degrees Fahrenheit, the difference of a few minutes could spell the difference between a perfectly crispy fried food and a black flavorless hockey puck.

FOOD DRIES OUT

Burning isn't the only danger of turning your air fryer on and leaving it. Without close monitoring, your meal could dry out quickly. That's because of the lack of oil. In a deep fryer, the oil keeps your food moist inside while it crisps on the outside. Air fryers have to be carefully watched in this regard.

SMALL VOLUME

Yes, I've included the size as both a positive and a negative. But while it is a delightfully compact appliance, you still have to worry about the volume of food you can make. Air fryers tend to cook for one to four people. If you're cooking for a large family or multiple guests, the small basket of an air fryer is not likely to make enough in one session. You'll need to cook in batches, which is never fun.

FINAL THOUGHTS

So, there you have it! Some strong positives and negatives associated with using an air fryer.

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What do you all think? Have you used an air fryer? Do you agree with our list? What would you add or take away?



Air Fryer French Fries

By Emily Dingmann

Making homemade French fries is a breeze when you use your air fryer. Plus, you don't need to use so much oil. Your family will love them.

These homemade air fryer French fries are reason enough to buy an air fryer, although we know you're going to love all our air fryer appetizers. You end up with fries that are crispy, golden brown on the outside, and soft on the inside, in no time at all. There are three key steps to making crispy French fries in the air fryer.

SOAK THE POTATOES

Soaking the potatoes in a bowl of cold water draws out the extra starch from the potato, which means the fry is able to get crispier without burning. We tested not soaking them and soaking them for various lengths of time, and found 40 minutes is the minimum amount of time needed. If you don't have the time to soak them, the air fryer method will still result in crispier fries than oven baking them, but soaking them takes them to the next level. (By the

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way, check out our scoop for making the best [Oven Baked French Fries](#).)

LOWER THE HEAT, THEN INCREASE IT

We found that when you cook the whole batch of french fries at a higher temperature, the outside burns and the inside doesn't quite get soft enough. When we cook the potatoes at a lower temperature, and then crisp them at a higher temperature, the inside is soft and the outside is crispy – just how we want it. Don't crowd the air fryer: This rule also applies to baking things in the oven. If you want crispy food, you can't have food touching in the air fryer as it relies on the air circulating around the food. If the air can't fully circulate, the desired crispiness won't happen. It will depend a little on the size of your air fryer and the size of your potato, but one medium potato is a full batch of french fries in the air fryer. You want to make sure that none of the fries are touching each other in the basket.

Then all that's left is to enjoy them with your family. Burger night will never be the same.

Yield: 2 servings

Prep Time: 45 minutes

Cook Time: 20 minutes

Total Time: 1 hour 5 minutes

Ingredients:

1 medium russet potato

1 Tbsp. olive oil

1/8 tsp. salt (or to taste)

1. Wash and scrub potato clean. Peel if desired. Cut potato in half lengthwise and then cut each half in half again, so that you end up with 4 strips of potato, about 1/4 – 1/2 inch thick. Then cut the strips into fry shapes. If your potato is longer, you may want to cut it down the middle crosswise and then cut lengthwise. Place cut potato strips in a bowl of cool water. Soak for at least 40 minutes.
2. Carefully lift the potatoes out of the bowl, so that you don't disturb the starch that has settled at the bottom of the bowl. Pat dry with a paper towel and toss potatoes with olive oil until coated.
3. Spread out fries in the air fryer basket and cook at 370°F for 10 minutes. Shake basket and increase temperature to 400°F for another 10 minutes. If you want them a little darker, cook for an additional 2-3 minutes at 400°F. Season with salt to taste.



Air Fryer Sweet Potato Fries

By Emily Dingmann

You're gonna love this tip for getting a crispy sweet potato fry and it uses less grease. How's that for a win?

If you've ever made sweet potato fries before, you know it's almost impossible to get them crispy. This is because they lack the starch that a white potato like a russet has. Their unique makeup when it comes to starch and moisture levels makes them a bit tricky to crisp up into a French fry.

After a little research, we found the best tips for air fryer sweet potato fries and it only requires one more step than our Air Fryer French Fries.

- Toss them in starch before cooking. The starch helps to create a rigid structure on the outside of the fry so the inside is nice and soft and the outside is crispy.
- Don't overcrowd the air fryer basket. Sweet potato fries are especially sensitive to overcrowding, so when you arrange them in the air fryer basket, make sure you are leaving

Air Fryer Sweet Potato Fries

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plenty of space between the fries. You may have to cook them in batches, but if you want them crispy, it's a must!

- Cut them into thin strips. This is key if you have large sweet potato wedges because it's really difficult to get them crispy. Keeping a small and uniform shape is important.
- Oil the basket. Make sure you've oiled the air fryer basket so the sweet potato fries don't stick. Tossing them in the oil isn't enough because of the naturally occurring sugars. A basic vegetable oil is fine.

Yield: 2 servings

Prep Time: 45 minutes

Cook Time: 25 minutes

Total Time: 1 hour 10 minutes

Ingredients:

1 medium sweet potato
1 tsp. corn starch
2 Tbsp. vegetable oil
1/8 tsp. salt (or to taste)

1. Wash and peel potato. Cut potato in half lengthwise and then cut each half in half again, so that you end up with 4 strips of potato, about 1/4 – 1/2 inch thick. Then cut the strips into fry shapes. If your potato is longer, you may want to cut it down the middle crosswise and then cut lengthwise. Place cut potato strips in a bowl of cool water. Soak for at least 40 minutes. Carefully lift the potatoes out of the bowl, so that you don't disturb the starch that has settled at the bottom of the bowl. Pat dry with a paper towel and place sweet potatoes into a zip top bag. Add starch to bag and shake until combined. Add oil to bag and shake again.
2. Spread out fries in the air fryer basket. An average size sweet potato will take two batches. Cook at 370°F for 8 minutes. Shake basket and increase temperature to 400°F for another 6 minutes. Season with salt to taste.



Air Fryer Chicken Tenders

By Jamie Silva

Just wait 'til your family tries these chicken tenders. You'll be using your air fryer to make them every week.

When I was kid, I would order chicken tenders for every meal. True story. Forget breakfast. Is it lunch time? Perfect, let's get chicken fingers with honey mustard sauce. Dinner at a restaurant? You guessed it – chicken tenders, please. My mom thought I was going to grow feathers at one point. I eventually evolved and expanded my horizons but I gotta say, I still have a soft spot for chicken tenders.

I know we can all relate because chicken tenders with a side of our Air Fryer French Fries are just THAT good. And the good news is they're great out of the air fryer too. No crazy amounts of oil needed. No turning on the oven and heating the whole house. Chicken tenders in the air fryer are done in just 10 minutes and they're deliciously crispy, moist and ready for dipping.

I tested out a few variations but the best method is using panko bread crumbs instead of

Air Fryer Chicken Tenders

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all-purpose flour or even almond flour. Air fryer temperatures vary so make sure each chicken tender is cooked through before serving. Hope you love these as much as I do.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

1/4 cup panko bread crumbs

1/2 tsp. salt

1/2 tsp. paprika

1/4 tsp. black pepper

1/4 tsp. garlic powder

1/4 tsp. onion powder

1 lb chicken tenderloins

1 egg

1. Heat air fryer to 400°F. Spray the basket with cooking spray.
2. In a bowl, stir together panko, salt, paprika, black pepper, garlic powder and onion powder. In another bowl, whisk egg. Set aside.
3. Pat chicken dry with a paper towel. Dredge the chicken first in egg then in the bread crumb mixture, making sure each tender is well coated. Place them in the air fryer. Do not overcrowd, only cook 3-4 at a time.
4. Cook for 10 minutes, flipping once at 5 minutes. Repeat with remaining chicken tenders until they have all been cooked through. Serve with your favorite sauce. Enjoy!



Air Fryer Crispy Chicken Wings

By Emily Dingmann

It doesn't get much easier than this to make the best crispy chicken wings ever. They're so good no one will complain that they aren't deep fried.

We can't believe how amazing chicken wings turn out in the air fryer. Crispy, golden brown and juicy, chicken wings really don't need many ingredients to shine. A quick toss in oil helps ensure they don't stick to the basket, a pinch of salt and pepper to finish them when they come out of the fryer, and you're ready to enter wing nirvana.

In our [Oven Baked Wings recipe](#), baking powder is used to help crisp up the wings, but with the air fryer, it's not necessary. The two main tricks when it comes to cooking chicken wings in the air fryer have to do with space in the fryer and cooking temperature.

- Don't overcrowd the air fryer basket. This rule applies to just about anything we are cooking in the air fryer, but wings especially. You want there to be plenty of room for the hot air to circulate around the wings. More space will allow for more crispness!

Air Fryer Crispy Chicken Wings

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- Two cooking temperatures. We found that cooking the wings at a steady high heat resulted in burnt wings. When we drop the heat for the first portion of cooking, the chicken is able to cook evenly. Then we up the heat to 400 degrees Fahrenheit at the end so the skin can get extra crispy.

Yield: 8-10 pieces

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Ingredients:

1 and 1/2 lb chicken wings

2 Tbsp. vegetable oil

Salt

Pepper

1. Toss wings with vegetable oil and set aside.
2. Preheat air fryer for a few minutes. Arrange wings in basket, being careful not to crowd the basket. Cook in batches if necessary. Cook at 370°F for 15 minutes.
3. Shake basket and cook at 400°F for another 5 minutes. Season with salt and pepper to taste.



Air Fryer Honey Garlic Chicken Wings

By Emily Dingmann

We found the secret to crispy chicken wings and we're sharing it with you in this air fryer Honey Garlic Chicken Wing recipe. They're a good enough excuse to gather friends for a party.

Have you heard of KFC before? No, not the red and white chicken in a bucket. The real KFC. Korean Fried Chicken. It's crispy and crunchy and majorly delicious.

We found out the delicious secret: potato starch! Potato starch is traditionally used in Korean Fried Chicken and it gives an incredibly crunchy crust to the wings. We dove a little bit into the science behind why the starch makes the wings so crispy. It gets a little wonky, but according to [Cook's Illustrated](#), there are two main reasons that the starch results in crispy foods. The most simplistic reason (and all we really need to know here) is that starch absorbs water, then when it's cooked, the starch molecules are "locked into place", which results in a rigid

Air Fryer Honey Garlic Chicken Wings

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structure, aka the crunchy coating.

If you love crunchy wings, you've got to try out this method. The tricks for getting the best Crispy Chicken Wings in your air fryer apply here, too. Don't overcrowd the basket and cook at two temperatures so that the wings have time to cook evenly and THEN get crispy.

Yield: 8-10 pieces

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Ingredients:

1 and 1/2 lb chicken wings

2 Tbsp. soy sauce

1/4 cup potato starch

3 cloves garlic

1 Tbsp. butter

3 Tbsp. honey

1/2 tsp. salt

1 tsp. red pepper flakes (less if you don't want it spicy)

1. Toss wings with soy sauce and set aside.
2. Preheat air fryer for a few minutes. Put the potato starch in a large zip top plastic bag and add wings to bag. Shake until wings are evenly coated with potato starch. Grease air fryer basket with a bit of oil (don't use cooking spray!) and arrange wings in basket, shaking off any excess potato starch and being careful not to crowd the basket. Cook in batches if necessary.
3. Cook at 370°F for 15 minutes. Shake basket and cook at 400°F for another 5 minutes.
4. Microwave garlic and butter for 30 seconds, or until melted. Stir in honey and season with a pinch of salt and red pepper flakes. Toss wings in sauce and serve.



Air Fryer Mozzarella Sticks

By Emily Dingmann

You got it. We're showing you how to make ooey gooey melty mozzarella sticks in the air fryer. You're gonna love it and your family will too.

If there is a more perfect comfort food than cheese surrounded by a crunchy coating and dipped into marinara sauce, we haven't found it yet! Mozzarella sticks may seem like a really complicated food to make at home, but they are surprisingly easy, especially when you make them in the air fryer.

The main issue when making mozzarella sticks at home is that the cheese oozes out of the stick when you bake them. We tested many different methods, and found a few ways to solve this problem. Because obviously you want your cheese to stay INSIDE the mozzarella stick.

- **Double Dip.** After you coat the sticks in egg wash and bread crumbs you are going to repeat the process again! This adds a thicker layer of breading, which helps keep the cheese inside. (And it's also more breading...yum.) As long as you're gentle, most of the

Air Fryer Mozzarella Sticks

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breadcrumbs should stay when you run it through the egg wash again.

- Freeze. If you're short on time, you may be tempted to skip this step but DON'T. You've got to freeze your mozzarella sticks before you cook them in the air fryer. Freezing the mozzarella sticks helps keep the cheese solid when you start cooking it so that it doesn't heat up too fast and ooze out of the breading.
- Coat with cooking spray. This is the last step that really helps make sure the cheese stays inside. The cooking spray also helps the breading get golden brown and crunchy. Don't spray the sticks while they are in the air fryer, spray them outside of the fryer and then place them in the basket. (This is important because cooking spray adds a grime layer that is impossible to wash off.)

Now go whip up a batch or two of these Mozzarella Sticks for an afternoon snack. Or, if you want to serve them with dinner, make some Chicken Tenders in your air fryer first and have a kid (and adult) favorite meal tonight. No one will complain. We promise.

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

1 egg
1/2 cup bread crumbs
1 tsp. Italian seasoning
1/4 tsp. seasoning salt
1/4 tsp. garlic powder
6 mozzarella sticks
Cooking spray

1. Whisk egg in shallow bowl or plate. Stir together bread crumbs, Italian seasoning, seasoning salt and garlic powder in an additional shallow bowl or plate.
2. Cut mozzarella sticks in half, so that each stick makes two shorter sticks. Dip cheese into egg wash and then roll in bread crumb mixture, gently coating the entire cheese stick, including the ends. Repeat by carefully placing the cheese stick back into the egg wash, and then gently coat with breadcrumb mixture. Place on a smaller plate or platter that you can put in the freezer and repeat with remaining ingredients. Freeze mozzarella sticks for at least 30 minutes.
3. Set air fryer to 390°F and preheat air fryer for a few minutes and spray mozzarella sticks with cooking spray on all sides, coating well. Note: do NOT spray the cooking spray in the air fryer!
4. Place mozzarella sticks into air fryer, spreading them out, being careful not to crowd the basket. Split into separate batches if you need to. Cook at 390°F for 4 minutes, gently flip and cook for another 3 minutes. Serve with marinara sauce.



Air Fryer Blooming Onion

By Emily Dingmann

First we delivered a Baked Blooming Onion. Now we're serving up an Air Fryer Blooming Onion that's even easier. And it's cheaper than ordering it out. It'll be the hit on your party table.

If you've ever been to Outback Steakhouse, chances are good that you've tried a blooming onion. And while they may seem a little complex to make, it's easier than you think. [Here's a link to our baked blooming onion](#), if you prefer that method.

If you haven't been to Outback, let us explain! A sweet onion (it's gotta be sweet) is sliced so the onion layers peel back and form petals. These petals are then breaded and fried until crispy. Yes, it's as good as it sounds. Here are a few tips when it comes to making an air fryer blooming onion:

- Don't cut too close to the root end. You want to be sure to leave about 1/2 inch so you can pull the petals out from the center to give them all space. If you cut them too closely to the

Air Fryer Blooming Onion

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root, the petals will fall off.

- Shake off any excess flour. In an effort to really coat each piece, we added a lot of flour to the onion. More breading is a good thing, right? Wrong. This resulted in a pasty raw flour coating, which isn't what we're looking for. Make sure you get any extra flour off of the onion petals.

Then all that's left is to air fry and enjoy.

Yield: 2 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

1 large sweet onion
1 /2 cup all purpose flour
1 Tbsp. seasoning salt
1 tsp. garlic powder
1 /2 tsp. cayenne pepper
1 egg
1 /4 cup milk
Cooking spray

1. Cut onion into sections so that it forms the blooming onion petal effect. ([Click here for full instructions.](#)) Separate onion petals apart a bit.
2. Whisk together flour and spices in a medium size bowl. Whisk together egg and milk in a medium size bowl. Dip onion into egg mixture, cut side up and spoon liquid over the onion so that all of the onion pieces are coated. Dip onion into flour mixture, cut side up and sprinkle flour mixture over the onion to coat each petal. Turn onion over and shake out any excess flour back into bowl. You don't want too much flour, or it will turn gummy. Spray onion and petals with cooking spray, coating each piece and section of onion.
3. Preheat air fryer to 370°F for a few minutes. Cook for 10 minutes. If it's not golden brown, cook for an additional 5 minutes.



Air Fryer Fried Pickles

By Jamie Silva

You haven't had the best fried pickles ever until you make these air fryer Fried Pickles (or frickles) at home. They're easy-peasy.

I'm sure we can all agree that fried pickles are one of the best snacks ever. The thing is, not all of us like to deep fry food at home. And now you can make fried pickles in the air fryer. Thank us now, or thank us later.

Making fried pickles in the air fryer has never been easier. The first thing you want to do is pat the pickles dry before breading them. This way they don't get soggy. I found that the best breading for fried pickles is panko bread crumbs instead of flour. Coating them with flour just doesn't give them that satisfying crispy result we're looking for.

Immediately out of the fryer, you can just tell, they are crispy, briny and delicious. Can't wait for you guys to make these on your next movie night. Don't forget the ranch dip. ;)

Air Fryer Fried Pickles

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Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

3/4 cup panko bread crumbs

1 tsp. dried oregano

1 tsp. garlic powder

1 tsp. paprika

1/2 tsp. salt

1/4 tsp. pepper

1 egg

1 jar dill pickle slices (32 oz.)

Ranch for dipping

1. Preheat air fryer at 400°F. Spray the basket with cooking spray.
2. In a bowl, stir together panko, oregano, garlic powder, paprika, salt and pepper. In another bowl, whisk egg. Set aside.
3. Pat pickle chips dry with paper towels. Dredge pickle chips first in egg and then in the breadcrumb mixture. Place pickles, in batches, in air fryer and cook for 5 minutes. Serve with your favorite sauce and enjoy!



Air Fryer Coconut Shrimp

By Jamie Silva

Who knew you could make coconut shrimp in the air fryer? Your family and friends won't believe it. Go team!

Is it just me or is coconut shrimp one of those appetizers you only have on vacation? For some reason I never looked at it and thought, "I bet I can make this at home." That is, until now. So let's do this. Let's turn a Caribbean favorite into a quick appetizer or weeknight dinner entree. And no need to turn on the stove because we're making them in the air fryer.

Making coconut shrimp has never been easier than with the invention of the air fryer (pretty much what we found with all these Air Fryer Appetizers). You can even bread the shrimp ahead of time and let them rest in the refrigerator until ready to fry. I tried using beer and coconut milk to dredge these but I found it made the batter too wet for the air fryer. Instead, a simple panko and coconut flake mixture did just the trick for these shrimp to come out super crispy on the outside, sweet and tender on the inside.

Air Fryer Coconut Shrimp

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Oh! And don't forget to serve them with a delicious sauce. I recommend cilantro garlic sauce or even a sweet chili sauce as seen in the photo.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

1/2 cup sweetened coconut flakes
1/2 cup panko bread crumbs
1/2 tsp. salt
1/2 tsp. paprika
1/2 tsp. garlic powder
1/4 tsp. pepper
1/2 lb large shrimp, peeled, deveined, tails on
1 egg

1. Preheat air fryer to 400°F. Spray the basket with cooking spray.
2. In a bowl, stir together coconut flakes, panko, salt, paprika, garlic powder and pepper. In another bowl, whisk the egg. Set aside. Pat the shrimp dry with a paper towel. Dredge each shrimp first in egg then in the bread crumb mixture until completely coated. Place them in the air fryer.
3. Transfer shrimp to air fryer without overcrowding. Cook for about 5 minutes until cooked through and golden brown. Repeat with remaining shrimp. Serve with your favorite sauce and enjoy!



Air Fryer Egg Rolls

By Emily Dingmann

I know Egg Rolls seem a little daunting to make but we're making them easy for you. Pop them in your air fryer and they're even easier with less greasy mess. Order up!

Can we agree that the best part of a Chinese dinner is the egg rolls? The combination of the crunchy shell with flavorful, juicy filling? It's perfection. It's really super easy to make these at home in your air fryer. Best of all, these air fryer egg rolls taste just like the ones you get at a restaurant – crispy on the outside and full of juicy flavor on the inside.

We kept the filling really simple and classic, with ground pork, shredded cabbage, green onions and oyster sauce. Oyster sauce is an umami sauce that gives the egg rolls a traditional flavor. It's mandatory for a restaurant-style egg roll, so don't skip it or swap it with something else.

Air Fryer Egg Rolls

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WHEN YOU MAKE EGG ROLLS IN THE AIR FRYER, WE HAVE A FEW TIPS.

- Don't over fill them. You don't want them so big that you can't roll them tightly. (You've seen a massive burrito at Chipotle, right? It never ends well.) When you roll them, roll them as tightly as you can so they are compact. We found that with a standard size wrapper, about 1/3 cup of filling is a good amount.
- Seal the edges with water so it stays shut. This is as simple as dipping your fingers in a dish of water and making sure all the seams are sealed.
- Rub the egg rolls with some vegetable oil. This last step ensures the crispy, golden brown crunch you know and love. You can also spray them with cooking spray (liberally!) but we prefer using oil.

Yield: 16 servings

Prep Time: 10 minutes

Cook Time: 16 minutes

Total Time: 26 minutes

Ingredients:

1 tsp. vegetable oil
1 Tbsp. minced ginger
3 green onions, sliced
1 lb ground pork
1/4 tsp. salt
3 cups coleslaw mix
1 Tbsp. oyster sauce
1 package egg roll wrappers

1. Heat large skillet over medium high heat. Add oil to pan and when it shimmers, add ginger and onions. Cook for one minute. Add pork to pan and season with salt. Break up with a spoon and cook until browned, about 4-5 minutes. Add coleslaw mix to pan and season with a sprinkle of salt. Cook until cabbage is soft, about 3-4 minutes. Stir in oyster sauce and remove from heat.
2. Put a little dish of water on the counter and lay 2-3 egg roll wrappers out on counter or cutting board diagonal so a point is facing you. Place about 1/3 cup egg roll mixture in the bottom of the wrapper and roll up, folding sides in to create an envelope. Dip fingers in water and wet the top corner and seal egg roll.
3. Set air fryer to 390°F. and preheat for a few minutes. Rub the egg rolls with a bit of vegetable oil (or spray with cooking spray) and cook for 8 minutes, flipping after 4 minutes.

Contributors

Many thanks to our writers for this edition of *The Cookful*.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Emily Dingmann

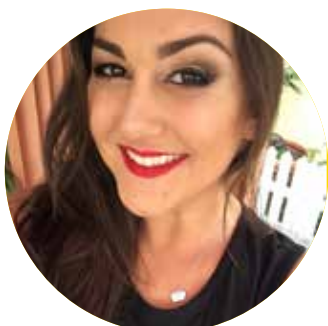
» myeverydaytable.com

Emily is a nutritionist and mom who wants to help families eat real food! She is the creator of My Everyday Eats, where she shares simple and nutritious, family-friendly recipes ready in 30 minutes or less. She drinks coffee in the morning, wine at night, and sometimes a green juice in between.



Kevin Kessler

Kevin J. Kessler is an experienced professional writer and published author living in Orlando Florida. With a lifelong passion for food, this sandwich loving Italian boy enjoys exploring unanswered questions about the foods we all know and love so well. Kevin's foodie lifestyle was born through his love of Walt Disney World and the Epcot International Food and Wine Festival. A lover of stories, he enjoys trying new dishes from all over the world and learning everything there is to know about where food comes from, how it's prepared, and what variations on it exist.



Jamie Silva

» asassyspoon.com

Jamie is the food and travel blogger behind A Sassy Spoon. When she's not traveling, she's in the kitchen creating simple recipes, mostly healthy, fresh, summery, full of citrus and bold flavors, along with indulgent desserts to satisfy her insane sweet tooth. Balance, right? ;)

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with how-tos, innovative recipes and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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