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### **CONTACT OUR CHEFS**

Our helpful, in-house chefs are ready to assist you with any questions you might have!

Email: recipes@cosori.com Toll-Free: (888) 402-1684

M-F, 9:00 am-5:00 pm PST/PDT

On behalf of all of us at Cosori,

Happy cooking!

### **TABLE OF CONTENTS**

4 Playing with Presets

### breakfast

- 9 Vegan Banana Zucchini Chocolate Chip Bread
- 10 Double Lemon Scones
- 11 Bacon & Egg Cups
- 12 Herb Roasted Potatoes with Bacon

### appetizers

- 14 Bacon Wrapped Asparagus
- 15 Garlic Parmesan Chicken Wings
- 16 Sweet & Spicy Korean Chicken Wings
- 17 Honey BBQ Chicken Wings
- 18 Buffalo Style Wings
- 19 Sweet Potato Hummus
- 20 Fig & Prosciutto Flatbread with Arugula

### entrées

- 22 Ponzu Ahi Tuna Steak
- 23 Classic Ribeye with Chimichumi
- 74 Texas Roadhouse New York Steak
- 25 Spice Rubbed Pork Chop with Sweet Potatoes
- 26 Roast Chicken
- 27 Roasted Ratatouille Pasta
- 28 Perfect Roast Beef
- **29** Garlic Butter Baked Salmon & Asparagus
- 30 Popcorn Shrimp Tacos

### sides

- 32 Actually Crisp Sweet Potato Fries
- 33 Cajun Sweet Potato Fries
- 34 Golden French Fries
- 35 Parmesan Roasted Brussel Sprouts
- 36 Roasted Zucchini Caprese

### snacks

- 38 Spiced Bacon Jerky
- 39 Dehydrated Superfood Granola Bars

### dessert

- 41 Biscuit Beignets
- 42 Lemon Cheesecake
- 43 Chocolate Coconut Flour Cake

### **PLAYING WITH PRESETS**

Icon	Food	Weight/ Thickness	Temperature	Time	Accessories
6	Steak: Ribeye, Sirloin, Filet (boneless)	1.25 lb / 1.5 in	450°F	10 min	Basket Crisper Plate Broiler Rack
	Steak: Ribeye, Sirloin, Filet (bone-in)	1.25 lb / 1.5 in	450°F	12 min	-
	New York Strip	1 lb / 1 in	450°F	8–10 min	Basket Crisper Plate Broiler Rack
STEAK	Roast Beef (boneless top round)	3 lb / 4 in	380°F	1 hr	Basket Crisper Plate
	Hamburger		450°F	8-10 min	-
	Beef Meatballs	1 lb	420°F	12 min	-
	Pork Chop (boneless)	1 lb	450°F	8-10 min	-
	Pork Chop (bone-in)	1 lb	450°F	11 min	-
	Pork Tenderloin	2 lb	420°F	20-25 min	-
	Wings	1 lb	420°F	22 min	Basket Crisper Plate
	Wings	1.5 lb	420°F	28-32 min	Basket Crisper Plate
	Leg	1 lb	420°F	25 min	-
	Thigh (skin on, bone in)	1 lb	420°F	25 min	-
CHICKEN	Breast (boneless, skinless)	1 lb	450°F	10-12 min	Basket Crisper Plate Broiler Rack
	Breast (skin on, bone in)		400°F	18-25 min	-
	Whole Chicken	5 lb	380°-400°F	50 min -1 hr	Basket Crisper Plate
	Meatballs	1.5 - 2 oz balls / 1.5 - 2 in	380°-400°F	12-14 min	-

### **PLAYING WITH PRESETS (CONT.)**

lcon	Food	Weight/ Thickness	Temperature	Time	Accessories
	Salmon	5-6 oz / 1.25 in	380°F	6-8 min	Basket Crisper Plate Dehydrating Rack
<b>(3)</b>	Tilapia	6 oz	380°F	6-8 min	-
FISH	Ahi Tuna	6 oz / 1.25 in	450°F	4-6 min	Basket Crisper Plate Dehydrating Rack
	Scallops	1 oz / 1 in	400°F	5-7 min	-
	Shrimp	1 lb		8-10 min	-
3	Jumbo Shrimp	1 lb		10-12 min	-
SHRIMP	Frozen Shrimp	1 lb		10-12 min	-
	Russet French Fries	1 lb	400°F	22 min	Basket Crisper Plate
	Russet French Fries	1.5 lb	400°F	35-38 min	Basket Crisper Plate
	Golden French Fries	1.5 lb	400°F	32 min	Basket Crisper Plate
	Golden French Fries	1 lb	400°F	35 min	Basket Crisper Plate
FRENCH FRIES	Potato Wedges	1 lb	420°F	32-30 min	-
	Baby Potatoes	2 lb	400°F	35–40 min	-
	Cubed Potatoes	1 lb	360°F	22 min	Basket Crisper Plate
	Sweet Potato Fries (fresh, thin cut)	1 lb	400°F	22-24 min	Basket Crisper Plate
	Sweet Potato Fries (fresh, thick cut)	1.5 lb	400°F	32 min	Basket Crisper Plate

### **PLAYING WITH PRESETS (CONT.)**

Icon	Food	Weight/ Thickness	Temperature	Time	Accessories
	Broccoli Florets	1 lb	380°F	8 min	Basket Crisper Plate
	Whole Carrots	1 lb	440°F	10-12 min	Basket Crisper Plate
	Baby Carrots	1 lb	420°F	10 min	Basket Crisper Plate
	Cauliflower Florets	1 lb	380°F	10 min	Basket Crisper Plate
	Brussel Sprouts	1 lb	380°-400°F	8–10 min	Basket Crisper Plate
St.	Butternut Squash		400°F	10-12 min	Basket Crisper Plate
VEGETABLES	Corn	1 lb	440°F	10-12 min	Basket Crisper Plate
	Red Bell Peppers (roasted)		420°F	10-12 min	Basket Crisper Plate
	Green Beans	1 lb	380°F	12-15 min	Basket Crisper Plate
	Musrooms	1 lb	420°F	10-12 min	Basket
	Whole Potato	1 lb	400°F	35-40 min	-
	Whole Sweet Potato	1 lb	400°F	35-40 min	-
	Aspragus	8 oz	400°F	10-12 min	Basket Crisper Plate
	Onion RIngs	300-400 g	400°F	8–10 min	Dehydrating Rack
	Chicken Nuggets	1 lb	400°F	10 min	Dehydrating Rack
<b>አ</b> ሂራ	Tater Tots	0.5-1 lb	400°F	12 min	Dehydrating Rack
FROZEN FOODS	Fried Fish	-	400°F	10 min	Dehydrating Rack
	French Fries	1 lb	420°F	12-15 min	Dehydrating Rack
	Steak Fries	1 lb	420°F	12-15 min	-
	Mozzarella Sticks	0.5-1 lb	400°F	8-10 min	-
	Mini Pizza	1	380°F	6-8 min	-

### **PLAYING WITH PRESETS (CONT.)**

Icon	Food	Weight/ Thickness	Temperature	Time	Accessories
	Cheesecake	7 in pan	300°F	35-40 min	
BAKE	Banana Bread	8 ½ x 4 ½ in loaf pan	210°F	50-60 min	
BAKE	Cake	7 in cake pan	210°F	40-50 min	Dehydrating Rack
	Scones		300°F	10-12 min	
	Brownies	7 in pan	300°F	30-40 min	



- 9 Vegan Banana Zucchini Chocolate Chip Bread
- 10 Double Lemon Scones
- 11 Bacon & Egg Cups
- 12 Herb Roasted Potatoes with Bacon



# VEGAN BANANA ZUCCHINI CHOCOLATE CHIP BREAD

YIELD
PREP TIME
COOK TIME

6-8 servings 10 min 60 min

2 ripe bananas, mashed ½ cup pure maple syrup

½ cup coconut oil. melted

1 teaspoon vanilla extract

2 cups whole wheat flour

1 teaspoon cinnamon

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 small zucchini, shredded and squeezed to remove excess moisture

½ cup chocolate chips Coconut oil spray

#### **Items Needed**

8½ x 4½-inch loaf pan

- Whisk together the mashed bananas, maple syrup, coconut oil, vanilla extract, and applesauce in a large bowl until smooth. Add the flour, cinnamon, baking powder, baking soda, and salt, then stir with a spatula to combine. Fold in the shredded zucchini and chocolate chips.
- 2. **Grease** the loaf pan with coconut oil spray. Pour batter into the greased loaf pan.
- **3. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 320°F, then press *Start/Pause*.
- 4. Insert loaf pan into the bottom of the oven.
- 5. **Select** the Bake function, adjust temperature to 320°F and time to 60 minutes, then press Start/Pause
- **6. Remove** when a toothpick or cake tester inserted into the center of the bread comes out clean.
- 7. Allow bread to cool for 10 minutes before inverting onto a wire rack. Cool for 15 minutes before slicing.



## DOUBLE LEMON SCONES

YIELD
PREP TIME
COOK TIME

15 servings 15 min 12 min

#### Scone

2 cups all purpose flour

¼ cup granulated sugar

2 teaspoons baking powder

⅓ teaspoon kosher salt

⁄₂ cup unsalted butter, very cold, cut into cubes

 $\frac{1}{2}$  cup heavy whipping cream, cold

2 eggs, divided

1 lemon, zested

1½ teaspoons vanilla extract

#### **Lemon Glaze Ingredients**

1 cup powdered sugar 2 tablespoons lemon juice

#### **Items Needed**

Round 21/2-inch cookie cutter

- 1. Whisk together the flour, sugar, baking powder, and salt in a large bowl until combined.
- Add the butter cubes and cut the butter into the flour mixture using a pastry blender until butter resembles large pea-sized crumbs.
- 3. Whisk together the heavy whipping cream, 1 egg, lemon zest, and vanilla extract in a separate bowl. Add the wet ingredients to the dry ingredients and stir until a rough dough forms. Move dough to a lightly floured surface and shape into a round ball with your hands.
- 4. Roll dough out to ½-inch thickness. Shape scones using the round cookie cutter.
- 5. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 360°F, then press *Start/Pause*.
- **6. Line** the crumb tray with parchment paper and place scones on the tray.
- 7. **Whisk** the remaining egg in a separate bowl and brush the tops of the scones with the egg wash.
- **8. Insert** the crumb tray at mid position in the preheated oven.
- Select the Bake function, adjust temperature to 360°F and time to 12 minutes, then press Start/Pause.
- Remove when scones are golden on top. Allow to cool completely before glazing.
- 11. Stir together the powdered sugar and lemon juice until a glaze forms. Glaze the scones and allow glaze to harden before serving.



# BACON & EGG CUPS

YIELD
PREP TIME
COOK TIME

6 servings 5 min 10 min

6 slices bacon 6 eggs Salt & pepper, to taste 2 green onions, thinly sliced

#### Items Needed

6-cup muffin tin

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 380°F, then press *Start/Pause*.
- 2. Wrap 1 piece of bacon around the inside of each cup of the muffin tin to create rings.
- Crack 1 egg into the center of each bacon ring. Season each egg with a sprinkle of salt and pepper.
- 4. Place the muffin tin on the crumb tray. Insert the crumb tray at mid position in the preheated oven.
- 5. **Select** the Bacon function, then press *Shake* to remove the automatic Shake Reminder. Adjust temperature to 380°F and press *Start/Pause*.
- 6. Remove when the egg whites are cooked, the bacon is crispy, and the yolk is still runny. Carefully place the bacon and egg cups onto a serving plate and garnish with sliced green onions.



# HERB ROASTED POTATOES WITH BACON

YIELD PREP TIME COOK TIME 4 servings 5 min 22 min

- 4 yellow dutch potatoes, cut into %-inch cubes
- 2 bacon slices, chopped into 1-inch pieces
- 2 garlic cloves, unpeeled
- 1 teaspoon thyme leaves
- 1 teaspoon chopped rosemary leaves

Salt & pepper, to taste

1 tablespoon olive oil

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 360°F, then press *Start/Pause*.
- 2. Line the crumb tray with foil. Place all of the ingredients on the tray and toss to combine.
- **3. Insert** the crumb tray at mid position in the preheated oven.
- 4. **Select** the Roast and Shake functions, adjust temperature to 360°F and time to 22 minutes, then press *Start/Pause*. Stir mixture halfway through cooking. The Shake Reminder will let you know when.
- Remove when potatoes are tender and bacon is crispy.



### appetizers

- 14 Bacon Wrapped Asparagus
- 15 Garlic Parmesan Chicken Wings
- 16 Sweet & Spicy Korean Chicken Wings
- 17 Honey BBQ Chicken Wings
- 18 Buffalo Style Wings
- 19 Sweet Potato Hummus
- 20 Fig & Prosciutto Flatbread with Arugula



# BACON WRAPPED ASPARAGUS

YIELD
PREP TIME
COOK TIME

3 servings 5 min 12 min

8 spears asparagus 2 teaspoons olive oil Salt & pepper, to taste 8 slices bacon

- Place the crisper plate inside the air frying basket.
- 2. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 400°F, then press *Start/Pause*.
- **3. Cut** off the woody ends of the asparagus spears and discard.
- **4. Coat** the asparagus spears with oil. Season with salt and pepper.
- **5. Wrap** 1 slice of bacon around each asparagus spear, top to bottom, and place into the preheated oven.
- **6. Select** the Vegetables function, then press *Shake* to remove the automatic Shake Reminder. Adjust time to 12 minutes, then press *Start/Pause*.
- 7. Remove when done and serve.



# GARLIC PARMESAN CHICKEN WINGS

YIELD PREP TIME COOK TIME 4 servings 10 min 28 min

#### **Chicken Wings**

2 pounds of chicken wings 2 teaspoons cornstarch 2 teaspoons baking powder 2 teaspoons salt Cooking spray

#### Garlic Parmesan Sauce

4 tablespoons unsalted butter, melted 2 garlic cloves, minced % cup Parmesan cheese, grated 2 teaspoons garlic powder Salt & pepper, to taste

- Place the crisper plate inside the air frying basket.
- Combine cornstarch, baking powder, salt, and chicken wings, then mix together until the wings are well coated.
- 3. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 420°F, then press *Start/Pause*.
- Spray the chicken wings with cooking spray, then place the wings into the air frying basket.
- 5. **Select** the Chicken function, adjust time to 28 minutes, then press *Start/Pause*.
- **6. Shake** the wings halfway through cooking. The Shake Reminder will let you know when.
- Melt butter in a small saucepan on medium heat while the wings cook. Add the minced garlic, Parmesan cheese, garlic powder, salt, and pepper. Cook for about 4 minutes.
- **8. Remove** chicken when done, and put them into a separate bowl.
- Pour the sauce over the chicken wings, toss to make sure they're well coated, then serve.



### SWEET & SPICY KOREAN CHICKEN WINGS

YIELD PREP TIME COOK TIME 2–4 servings 20 min 28 min

#### Chicken

- 2 pounds chicken wings
- 2 teaspoons baking powder
- 2 teaspoons cornstarch
- 2 teaspoons salt

Cooking Spray

- 1 green onion, sliced, for garnish
- 1 tablespoon sesame seeds, for garnish

#### **Sweet & Spicy Korean Sauce**

- 2 tablespoons Gochujang paste
- 2 tablespoons sambal chilli paste
- ½ cup water
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon fish sauce
- 2 tablespoons dark brown sugar
- 1 tablespoon ginger, grated
- ¼ teaspoon salt

- Place the crisper plate inside the air frying basket
- Combine baking powder, cornstarch, salt, and chicken wings, then mix together until the wings are well coated.
- **3. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 420°F, then press *Start/Pause*.
- Spray the chicken wings with cooking spray, then place the wings into the air frying basket.
- 5. **Select** the Chicken function, adjust time to 28 minutes, then press *Start/Pause*.
- **6. Shake** the wings halfway through cooking. The Shake Reminder will let you know when.
- Add all the sweet and spicy sauce ingredients into a medium sauce pot.
- 8. Cook the sauce over medium heat for 8 minutes or until reduced by half.
- **9. Remove** chicken wings when done and put them into a separate bowl.
- 10. Pour the sauce over the chicken wings, then toss to make sure they're well coated.
- Garnish the chicken wings with sliced green onions and sesame seeds, then serve.



# HONEY BBQ CHICKEN WINGS

YIELD
PREP TIME
COOK TIME

2–4 servings 15 min 28 min

#### Chicken

2 pounds chicken wings

2 teaspoons cornstarch

2 teaspoons baking powder

2 teaspoons salt

Cooking spray

#### **BBQ Sauce**

1½ cups ketchup

¼ cup brown sugar

¼ cup apple cider vinegar

2 tablespoons honey

½ teaspoon cayenne pepper

½ teaspoon onion powder

½ teaspoon garlic powder

1 teaspoon chilli flakes

Salt. to taste

- Place the crisper plate inside the air frying basket.
- Combine cornstarch, baking powder, salt, and chicken wings, then mix together until the wings are well coated.
- 3. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 420°F, then press *Start/Pause*.
- 4. **Spray** the chicken wings with cooking spray, then place the wings into the air frying basket.
- **5. Select** the Chicken function, adjust time to 28 minutes, then press *Start/Pause*.
- **6. Shake** the wings halfway through cooking. The Shake Reminder will let you know when.
- **7. Add** all the ingredients for the honey barbeque sauce into a medium sauce pot.
- 8. Cook the sauce over medium heat for 5 minutes.
- Remove chicken wings when done and put them into a separate bowl.
- **10. Pour** the sauce over the chicken wings, toss to make sure they're well coated, then serve.



## BUFFALO STYLE WINGS

YIELD
PREP TIME
COOK TIME

2–4 servings 15 min 28 min

#### **Chicken Wings**

- 2 pounds chicken wings
- 2 teaspoons cornstarch
- 2 teaspoons baking powder
- 2 teaspoons salt
- Cooking spray

#### **Buffalo Sauce**

- 1 (5-ounce) bottle Frank's RedHot
- ½ cup butter
- 1½ tablespoons white vinegar
- $\frac{1}{8}$  teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika

Cornstarch slurry (mix 2 tablespoons cornstarch with 2 tablespoons water)

- Place the crisper plate inside the air frying basket
- Combine cornstarch, baking powder, salt, and chicken wings, then mix together until the wings are well coated.
- 3. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 420°F, then press *Start/Pause*.
- Spray the chicken wings with cooking spray, then place the wings into the air frying basket.
- **5. Select** the Chicken function, adjust time to 28 minutes, then press *Start/Pause*.
- **6. Shake** the wings halfway through cooking. The Shake Reminder will let you know when.
- Add all the ingredients for the buffalo sauce into a medium sauce pot.
- 8. Cook the sauce over medium heat for 5 minutes or until it thickens.
- Remove chicken wings when done and put them into a separate bowl.
- 10. Pour the sauce over the chicken wings, toss to make sure they're well coated, then serve.



## SWEET POTATO HUMMUS

YIELD
PREP TIME
COOK TIME

6-8 servings 10 min 30 min

- 1 medium sized sweet potato, cut in half lengthwise
- 3 tablespoons olive oil, divided
- 1 cup cooked or canned chickpeas
- 2 tablespoons tahini
- 2 garlic cloves, peeled
- 1 lemon, juiced
- ½ lemon, zested
- 1/2-1 teaspoon salt, to taste
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- A pinch of cayenne pepper

#### Items Needed

Food processor

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- Place the sweet potato on the dehydrating rack. Rub ½ tablespoon olive oil all over the sweet potato.
- Insert the rack at mid position in the preheated oven.
- **Select** the Roast function, adjust time to 30 minutes, then press *Start/Pause*. Remove sweet potato when very tender.
- 5. Remove the flesh from the sweet potato and place into the food processor, together with all the remaining ingredients. Turn the food processor on and blend until smooth and creamy. Taste and adjust seasoning if necessary: adding more lemon juice for acidity, salt for seasoning, or olive oil for smoothness.
- Serve hummus in a bowl with pita chips or crackers.



# FIG & PROSCIUTTO FLATBREAD WITH ARUGULA

YIELD
PREP TIME
COOK TIME

4 servings 15 min 5 min

2 tablespoons olive oil % onion, thinly sliced 1 lavash flatbread (roughly 9 x 8 inches)

1% ounces gorgonzola cheese

2 pieces prosciutto, torn into large pieces

3 figs, quartered

10 arugula leaves

1 tablespoon balsamic reduction

- 1. Place olive oil in a nonstick pan over medium heat. Add onion and saute for 10 minutes or until translucent and caramelized
- **2. Place** flatbread on the dehydrating rack. Spread caramelized onions evenly over the flatbread.
- 3. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- **4. Spread** gorgonzola on the flatbread. Top with prosciutto and figs.
- **5. Insert** the dehydrating rack at mid position in the preheated oven.
- **6. Select** the Toast function, then press *Start/Pause*.
- Remove flatbread, top with arugula leaves, and drizzle with balsamic reduction. Cut into slices, then serve warm.



22	Ponzu /	Ahi Tuna S	Steak

- 23 Classic Ribeye with Chimichurri
- 24 Texas Roadhouse New York Steak
- 25 Spice Rubbed Pork Chop with Sweet Potatoes
- 26 Roast Chicken
- 27 Roasted Ratatouille Pasta
- 28 Perfect Roast Beef
- 29 Garlic Butter Baked Salmon & Asparagus
- 30 Popcorn Shrimp Tacos



### PONZU AHI TUNA STFAK

YIELD
PREP TIME
COOK TIME

2-4 servings 3 hrs 10 min 6 min

½ cup Ponzu sauce
2 teaspoons ginger, grated
2 (6-ounce) Ahi tuna steaks
½ cup sesame seeds
½ cup black sesame seeds
2 tablespoons light flavored oil
Salt & pepper, to taste

- 1. Mix the ponzu sauce and ginger in a bowl.
- **2. Place** the steaks into the bowl and marinate them in the sauce for up to 3 hours.
- 3. Mix the sesame seeds on a plate.
- **4. Place** first the crisper plate, then the broiler rack into the air frying basket.
- **5. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 450°F, then press *Start/Pause*.
- Rub the Ahi steaks with oil, then crust with the sesame seeds.
- **7. Place** the steaks into the basket, then insert into the preheated oven.
- **8. Select** the Steak and Shake functions, adjust time to 6 minutes, then press *Start/Pause*.
- 9. Flip the steaks halfway through cooking. The Shake Reminder will let you know when.
- **10. Remove** when done, allow steaks to rest for 6 minutes, then slice into desired portions.
- **11. Drizzle** with more ponzu sauce and season with salt and pepper, then serve.



# CLASSIC RIBEYE WITH CHIMICHURRI

YIELD
PREP TIME
COOK TIME

4 servings 12–24 hrs 10 min

#### Steak

2 (16-ounce) Ribeye steaks 1 tablespoon garlic powder Salt & pepper, to taste

#### Chimichurri Sauce

1/2 cup extra-virgin olive oil

34 cup fresh basil

¾ cup cilantro

% cup parsley

4 anchovy fillets (optional)

1 small shallot

2 garlic cloves, peeled

1 lemon, juiced

A pinch of crushed red pepper

#### **Items Needed**

Blender

- 1. **Place** the steaks onto a cooling rack and season generously with coarse salt on both sides.
- 2. **Set** the steaks in the refrigerator for 12 to 24 hours. Remove when ready to cook.
- 3. **Combine** all the chimichurri sauce ingredients in a blender, then blend until your desired consistency is reached.
- **4. Place** first the crisper plate, then the broiler rack into the air frying basket.
- **5. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 450°F, then press *Start/Pause*.
- 6. Season the steaks again with garlic powder, salt, and pepper, then place on the broiler rack and insert into the preheated oven.
- Select the Steak and Shake functions, then press Start/Pause.
- 8. **Flip** the steaks halfway through cooking. The Shake Reminder will let you know when.
- Allow the steaks to rest for 10 minutes when done. Then slice, top with chimichurri sauce, and serve.



### TEXAS ROADHOUSE NEW YORK STEAK

YIELD
PREP TIME
COOK TIME

4 servings 5 min 10 min

2 (16-ounce) New York steaks 1 tablespoon garlic powder 1 tablespoon onion powder 2 teaspoons paprika 2 teaspoons chili powder 2 teaspoons black pepper Salt. to taste

- 1. **Combine** the spices in a bowl, then set aside.
- Place first the crisper plate, then the broiler rack into the air frying basket.
- **3. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 450°F, then press *Start/Pause*.
- **4. Season** the steaks with the spice rub, then place on the broiler rack and insert into the preheated oven.
- 5. **Select** the Steak and Shake functions, then press Start/Pause
- Flip the steak halfway through cooking. The Shake Reminder will let you know when.
- Remove steaks when done, then allow to rest for 8 minutes.
- Slice the steaks into desired thickness, then serve.



### SPICE RUBBED PORK CHOP WITH SWEET POTATOES

YIELD
PREP TIME
COOK TIME

1 serving 5 min 21 min

- 1 bone-in pork chop, 1-inch thick 1 medium sized sweet potato, diced into ½-inch cubes ½ tablespoon olive oil 1½ teaspoons kosher salt, divided
- ½ teaspoon pepper, divided
- ¼ teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1 teaspoon brown sugar

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 360°F, then press *Start/Pause*.
- 2. Toss the sweet potatoes with the olive oil, ½ teaspoon salt, and ¼ teaspoon pepper.
- **3. Place** the crisper plate into the air frying basket, then place the sweet potatoes on the crisper plate.
- 4. **Insert** the basket into the preheated oven.
- 5. **Select** the Vegetables function, adjust temperature to 360°F, then press *Start/Pause*.
- 6. Rub the pork chop with 1 teaspoon salt, <sup>1</sup>/<sub>4</sub> teaspoon pepper, garlic powder, smoked paprika, and brown sugar.
- Remove the air frying basket and insert the broiler rack into the basket. Place the pork chop on the broiling rack and insert into the air fryer oven.
- 8. Select the Steak and Shake functions, adjust time to 11 minutes, then press Start/Pause. Flip the pork chop halfway through cooking. The Shake Reminder will let you know when.
- 9. Remove the pork chop when the internal temperature reaches close to 145°F and the sweet potatoes are crispy and tender. Allow pork chop to rest for 5 minutes, then serve.



### **ROAST CHICKEN**

YIELD
PREP TIME
COOK TIME

5-6 servings 10 min or 12 hr 50 min

1 whole chicken (5 pounds)
3 tablespoons paprika
2 tablespoons white pepper
3 tablespoons garlic powder
2 tablespoons onion powder
2 tablespoons lemon pepper
2 teaspoons ground thyme
3 tablespoons salt
Cooking spray

- 1. Clean the chicken and pat with paper towels to ensure the skin is dry.
- 2. Mix all the seasonings together in a bowl.
- **3. Spray** the chicken with cooking spray, then generously rub seasoning mix all over.
- 4. Place the chicken, optionally, onto a cooling rack, then into the fridge. Leave overnight so the skin can tighten up.
- 5. Take the chicken out of the fridge and let it sit out for 30 minutes.
- **6. Place** the crisper plate inside the air frying basket. Place the whole chicken on the crisper plate with the legs down.
- 7. **Insert** the basket into the Cosori Smart Air Fryer Oven and select the Roast function. Adjust time to 50 minutes, then press *Start/Pause*.
- 8. Flip the chicken at the 20 minute mark.
- Cook for the remaining 20 minutes, or until the internal temperature of the chicken reaches 165°F.
- **10. Remove** when done, allow chicken to rest for 15 minutes, then serve.



## ROASTED RATATOUILLE PASTA

YIELD
PREP TIME
COOK TIME

4 servings 15 min 30 min

½ eggplant, cut into cubes
1 zucchini, cut into cubes
1 medium tomato, diced
½ yellow bell pepper, cut into cubes
½ red bell pepper, cut into cubes
½ onion, diced
½ teaspoon red pepper flakes
1 garlic clove, minced
2 tablespoons olive oil
1 teaspoon salt
½ teaspoon black pepper
½ pound dry pasta
½ cup grated Parmesan cheese

1/2 cup fresh basil, chopped

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- Place the eggplant, zucchini, tomato, bell peppers, onion, red pepper flakes, garlic, olive oil, salt, and pepper in the air frying basket and toss to evenly coat.
- Insert the air frying basket into the preheated oven.
- 4. Select the Roast and Shake functions, adjust time to 30 minutes, then press Start/Pause. Stir the vegetables halfway through cooking. The Shake Reminder will let you know when.
- Cook the pasta according to the package instructions. Drain pasta and place into a large serving bowl. Add Parmesan cheese and toss to coat.
- **6. Place** the roasted ratatouille in the pasta bowl. Add chopped basil and stir. Serve hot.



### **PERFECT ROAST BEEF**

YIELD
PREP TIME
COOK TIME

6-8 servings 30 min 1 hr

- 3 pounds round roast
- 1 tablespoon olive oil
- 2 teaspoons kosher salt
- 1½ teaspoons black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1 rosemary sprig, leaves removed and finely chopped

- Allow the roast to come to room temperature for 30 minutes. Pat the roast dry with paper towels.
- Rub the olive oil, salt, pepper, granulated garlic, granulated onion, and rosemary all over the roast.
- **3. Line** the crumb tray with foil and place the roast on the tray.
- **4. Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- **5. Insert** the crumb tray at low position in the preheated oven.
- **6. Select** the Roast function, adjust time to 1 hour, then press *Start/Pause*.
- 7. **Remove** when the internal temperature reaches 130°F for a medium rare roast.
- **8. Allow** to rest for 20 minutes before slicing, then serve.



# GARLIC BUTTER BAKED SALMON & ASPARAGUS

YIELD
PREP TIME
COOK TIME

2 servings 10 min 15 min

2 tablespoons unsalted butter, melted

1 garlic clove, minced

½ tablespoon chopped parsley

2 salmon filets

1 bundle asparagus spears Salt & pepper, to taste

- Combine the melted butter, garlic, and parsley in a howl
- 2. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- 3. Place the crisper plate inside the air frying basket. Place the asparagus spears on the crisper plate. Brush ½ tablespoon of the garlic butter on the asparagus and season with salt and pepper.
- Insert the air frying basket into the preheated oven.
- **5. Select** the Vegetables function, adjust time to 5 minutes, then press *Start/Pause*.
- 6. Remove the air frying basket and insert the broiling rack into the air frying basket. Place the salmon filets on the broiling rack, season with salt and pepper, and brush with garlic butter. Insert basket into the oven.
- **7. Select** the Fish function, then press *Start/Pause*.
- **8. Remove** when salmon filets are cooked and asparagus is tender and crispy.



# POPCORN SHRIMP TACOS

YIELD
PREP TIME
COOK TIME

4 servings 10 min 8 min

#### **Popcorn Shrimp**

½ pound shrimp, peeled and deveined ½ cup flour

/₃ cup itoui

1 teaspoon granulated garlic

1 teaspoon paprika

1 teaspoon kosher salt

 $\frac{1}{2}$  teaspoon black pepper

1 egg

1 tablespoon milk

1 cup panko breadcrumbs

Olive oil spray

#### Tacos

Corn tortillas, warmed Shredded lettuce Radish, thinly sliced Sour cream Lime 1 avocado. sliced

- 1. **Place** the flour, garlic, paprika, salt, and pepper in a bowl and stir to combine.
- Whisk together the egg and milk in a separate bowl.
- 3. Place the panko breadcrumbs in a separate bowl.
- 4. Dip the shrimp into the flour mixture, then the egg mixture, then the panko breadcrumbs. Place breaded shrimp on the dehydrating rack. Spray with olive oil spray.
- Select the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 370°F, then press Start/Pause.
- Insert the dehydrating rack at mid position in the preheated oven.
- 7. **Select** the Shrimp function, then press *Start/Pause*.
- **8. Remove** when shrimp are crispy and cooked.
- Assemble tacos by placing popcorn shrimp onto the warmed corn tortillas. Top with shredded lettuce, radish, sour cream, lime, and avocado slices.



### sides

- 32 Actually Crisp Sweet Potato Fries
- 33 Cajun Sweet Potato Fries
- 34 Golden French Fries
- 35 Parmesan Roasted Brussel Sprouts
- 36 Roasted Zucchini Caprese



# ACTUALLY CRISP SWEET POTATO FRIES

YIELD
PREP TIME
COOK TIME

2–4 servings 15 min 30 min

3 (1½ pound) sweet potatoes 1 quart water ½ cup vinegar 1 tablespoon oil 2 teaspoons cornstarch 2 teaspoons kosher salt Ketchup or ranch, for serving

- 1. Cut the sweet potatoes into 4 x ½-inch strips.
- Combine water and vinegar in a medium pot, then bring to a boil.
- Boil the sweet potatoes in the water and vinegar solution for 6 minutes.
- 4. **Drain** the potatoes and let them cool for 5 minutes
- **5. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 400°F, then press *Start/Pause*.
- **6. Combine** the oil, cornstarch, and salt. Mix into a slurry.
- Add the sweet potatoes to the slurry and mix until fully coated.
- **8. Place** the fries into the air frying basket, then insert into the preheated oven.
- Select the French Fries function, adjust time to 30 minutes, then press Start/Pause. Shake the basket halfway through cooking. The Shake Reminder will let you know when.
- **10. Remove** fries when done and season with salt and pepper if desired.
- 11. Serve with ketchup or ranch.



## CAJUN SWEET POTATO FRIES

YIELD PREP TIME COOK TIME 2–4 servings 15 min 22–24 min

2 sweet potatoes (1 pound)
1 quart water
% cup vinegar
1½ tablespoons oil
2 teaspoons cornstarch
1 teaspoon garlic powder
1 teaspoon smoked paprika
½ teaspoon cayenne pepper
1 teaspoon kosher salt

Ketchup or ranch, for serving

- 1. Cut the sweet potatoes into 4 x ½-inch strips.
- Combine water and vinegar in a medium pot, then bring to a boil.
- Boil the sweet potatoes in the water and vinegar solution for 6 minutes.
- 4. **Drain** the potatoes and let them cool for 5 minutes
- **5. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 400°F, then press *Start/Pause*.
- **6. Combine** the oil, cornstarch, spices, and salt. Mix into a slurry.
- Add the sweet potatoes to the slurry and mix until fully coated.
- **8. Place** the fries into the air frying basket, then insert into the preheated oven.
- Select the French Fries function, adjust time to 22-24 minutes, then press Start/Pause. Shake the basket halfway through cooking. The Shake Reminder will let you know when.
- **10. Remove** fries when done and season with salt and pepper if desired.
- 11. **Serve** with ketchup or ranch.



### GOLDEN FRENCH FRIES

YIELD
PREP TIME
COOK TIME

2–4 servings 10 min 32 min

2 Yukon Gold potatoes (1½ pounds)
1 quart water
½ cup vinegar
1 tablespoon oil
2 teaspoons kosher salt
Ketchup or ranch, for serving

- 1. **Cut** the Yukon gold potatoes into 4 x ½-inch strips.
- Combine water and vinegar in a medium pot, then bring to a boil.
- **3. Boil** potatoes in the water and vinegar solution for 6 minutes.
- Drain the potatoes and let them cool for 5 minutes.
- **5. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 400°F, then press *Start/Pause*.
- 6. Combine the oil, potatoes, and salt. Mix well.
- **7. Place** the fries into the air frying basket, then insert into the preheated oven.
- 8. Select the French Fries function, adjust time to 32 minutes, then press *Start/Pause*. Shake the basket halfway through cooking. The Shake Reminder will let you know when.
- Remove fries when done and season with salt and pepper if desired.
- **10. Serve** with ketchup or ranch.



# PARMESAN ROASTED BRUSSEL SPROUTS

YIELD
PREP TIME
COOK TIME

2–4 servings 5 min 12 min

1 pound brussels sprouts
1 tablespoon vegetable oil
1 teaspoon roasted garlic powder
½ cup of Parmesan cheese, grated
1 teaspoon salt
Black pepper, to taste

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- **2. Cut** off and discard the brussels sprouts stems, then cut sprouts in half.
- 3. **Combine** all ingredients, except black pepper, in a bowl. Mix well.
- **4. Place** the sprouts on the dehydrating rack, then insert the rack at mid position in the preheated oven.
- 5. Select the Vegetables function, adjust time to 12 minutes, then press Start/Pause. Shake the basket halfway through cooking. The Shake Reminder will let you know when.
- **6. Season** with black pepper to taste, then serve.



# ROASTED ZUCCHINI CAPRESE

YIELD
PREP TIME
COOK TIME

4 servings 5 min 10 min

2 zucchini

- 4 tablespoons shredded mozzarella cheese
- 1 roma tomato, diced
- 2 tablespoons fresh basil leaves, chiffonade

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, then press *Start/Pause*.
- Slice the tops and ends off the zucchini. Slice in half lengthwise. Scoop out some of the inside flesh of the zucchini with a spoon. Place zucchini on the dehydrating rack.
- 3. **Sprinkle** the insides of the zucchini with mozzarella cheese and top with tomato.
- **4. Insert** the dehydrating rack at mid position in the preheated oven.
- Select the Vegetables function, press Shake to remove the automatic Shake Reminder, then press Start/Pause.
- **6. Remove** zucchini when cheese is melted and zucchini is tender but still holds its shape.
- Place zucchini on a serving plate and garnish with basil.



Spiced Bacon Jerky

39 Dehydrated Superfood Granola Bars



# SPICED BACON JERKY

YIELD
PREP TIME
COOK TIME

12 slices 6 hr 10 min 4 hr

12 slices of bacon
3 cup brown sugar
3 tablespoons chilli paste
1 tablespoon soy sauce
4 tablespoons espresso or coffee
concentrate

- Combine brown sugar, chilli paste, soy sauce, and coffee concentrate in a bowl and mix well.
- 2. Add the bacon slices to the bowl and mix well to ensure they are well coated.
- **3. Place** bacon into the fridge to marinate for 6 hours or overnight. Remove when ready to cook.
- 4. Place marinated bacon on the dehydrating rack, then insert at mid position in the Cosori Smart Air Fryer Oven.
- **5. Select** the Dehydrate function, adjust time to 4 hours, then press *Start/Pause*.
- **6. Rotate** the trays halfway through the dehydration process to ensure even cooking.
- 7. **Remove** bacon when done and allow to cool for 10 minutes.
- Place in an airtight container or serve immediately.



### DEHYDRATED SUPERFOOD GRANOLA BARS

YIELD
PREP TIME
COOK TIME

8 servings 10 min 8 hr

½ cup dried cranberries or cherries

½ cup dates, pitted

1/4 cup walnuts

¼ cup pecans

¼ cup pistachios

1½ cups rolled oats

¼ cup honey

2 tablespoons melted coconut oil

1 teaspoon vanilla extract

½ teaspoon cinnamon

2 tablespoons ground flaxseed

### Items Needed

Food processor

- Place the dried cranberries/cherries, dates, walnuts, pecans, and pistachios in a food processor. Blend until nuts and dried fruit are chopped, with some chunks remaining. Place mixture into a large bowl.
- Add the rolled oats, honey, coconut oil, vanilla, cinnamon, and flaxseed, then stir until well combined
- Shape mixture into a ½-inch rectangle on parchment paper. Cut into squares. Place on the dehydrating rack.
- 4. **Insert** the dehydrating rack at mid position in the Cosori Smart Air Fryer Oven.
- **5. Select** the Dehydrate function, adjust temperature to 155°F and time to 8 hours, then press *Start/Pause*.
- Remove when granola bars are chewy to your liking.



# desserts

- 41 Biscuit Beignets
- 42 Lemon Cheesecake
- 43 Chocolate Coconut Flour Cake



### **BISCUIT BEIGNETS**

YIELD
PREP TIME
COOK TIME

4 servings 5 min

5 min

1 can of refrigerated biscuits (16.3 ounces)

Coconut oil or canola oil spray Powdered sugar, for dusting

- 1. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 350°F, then press *Start/Pause*.
- Separate the canned dough into biscuits. Cut each biscuit into 4 equal pieces. Place each piece on the dehydrating rack. Spray the tops lightly with coconut oil or canola oil spray.
- **3. Insert** the dehydrating rack at mid position in the preheated oven.
- 4. **Select** the Bake function, adjust temperature to 350°F and time to 5 minutes, then press *Start/Pause*.
- **5. Remove** beignets and dust with powdered sugar.



### **LEMON CHEESECAKE**

YIELD
PREP TIME
COOK TIME

5-6 servings 10 min 41 min

### Crust

% cup graham cracker crumbs 2 tablespoons butter, melted Butter or nonstick baking spray

### Cheesecake

2 (8 ounce) packs cream cheese

1 teaspoon vanilla extract

1 tablespoon lemon zest

2 teaspoons lemon juice

1 egg

½ teaspoon salt

1 egg yolk

### **Items Needed**

7 x 3-inch springform pan

### Crust

- Mix together the graham cracker crumbs and 2 tablespoons butter until they resemble coarse sand.
- 2. **Line** the bottom of the springform pan with an 8-inch round of parchment paper.
- Lock in the collar of the springform pan, closing it onto the base.
- **4. Lightly** grease the lined parchment pan with butter or nonstick baking spray.
- **5. Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 350°F, then press *Start/Pause*.
- 6. **Transfer** the graham cracker crumb mixture to the pan. Firmly press it onto the bottom pan in an even layer, about ½-inch thick.
- Place the springform pan with the crust into the preheated oven.
- 8. **Select** the Bake function, adjust temperature to 350°F and time to 5 minutes, then press *Start/Pause*.
- 9. Remove when done and let cool.

### Cheesecake

- Beat the cream cheese and sugar until smooth, then mix in vanilla extract, lemon zest, lemon juice, egg, salt, and egg yolk until well combined.
- Pour the cheesecake batter onto the cooled crust. Tap the pan against the countertop to remove any air bubbles.
- **3. Select** the Preheat function on the oven, then press *Start/Pause*.
- 4. Place the cheesecake on the floor of the oven.
- 5. **Select** the Bake function, adjust time to 36 minutes, then press *Start/Pause*.
- **6. Remove** cheesecake when done and allow to cool on the countertop for 1 hour.
- 7. Place the cheesecake into the fridge for 3 hours, then remove when ready to serve.



# CHOCOLATE COCONUT FLOUR CAKE

YIELD
PREP TIME
COOK TIME

6 servings 40 min 35 min

### Cake

- 6 tablespoons unsalted butter, melted
- ½ cup cocoa powder
- ¾ cup granulated sugar
- ½ teaspoon kosher salt
- 2 teaspoons vanilla extract
- 6 eggs
- ½ cup coconut flour
- 1 teaspoon baking powder

### Salmon

1 cup heavy whipping cream

8 ounces semi-sweet chocolate chips

### **Items Needed**

8½ x 4½-inch loaf pan

- Whisk together the melted butter and cocoa powder in a large bowl until smooth. Add the sugar, salt, vanilla extract, and eggs, then whisk until smooth. Add the coconut flour and baking powder and stir with a spatula. Allow the batter to rest for 10 minutes. This will help the batter to thicken
- 2. **Select** the Preheat function on the Cosori Smart Air Fryer Oven, adjust temperature to 320°F, and press *Start/Pause*.
- Grease the loaf pan with coconut oil spray. Pour batter into the greased loaf pan.
- Place the loaf pan on the floor of the oven.
- Select the Bake function, adjust temperature to 320°F and time to 35 minutes, then press Start/Pause.
- **6. Remove** when a toothpick or cake tester inserted into the center of the cake comes out clean.
- Allow cake to cool for 10 minutes before inverting onto a wire rack. Cool on the wire rack for 30 minutes before glazing.
- 8. Make the glaze by placing the heavy whipping cream and chocolate chips in a heat-proof bowl over a pot of simmering water to create a double boiler. Stir for 5 minutes or until chocolate is just melted. Remove the bowl from the heat and stir until smooth. Allow the glaze to thicken at room temperature for 15 minutes.
- Glaze the top of the cake and allow the glaze to set before serving.





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# **NOTES**

# **NOTES**

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