



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

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SCFCL website: <http://www.scfcl.com>

Leader Training Guide

All About Air Fryers

Objectives:

- Why are air-fried foods a good choice for cooking.
- Learn tips for using air fryers.

Lesson Overview/Introduction:

Air-fried foods have many benefits for the user. The attached handout gives a wealth of information for your members. Make copies so that each member can have a handout. Because of the copyright on this publication, I cannot make changes to put it in our format.

Lesson:

Note to leader: This lesson information is on the handout. Please follow it for information and discuss it with your members.

Lesson Summary:

The information given here is for educational purposes only. References to commercial products, trade names, or suppliers are made with the understanding that no endorsement is implied and that no discrimination against other products or suppliers is intended.

Suggested Materials:

Mississippi State University Publication 3577 (POD-03-21) -attached

References

<https://www.aircookers.com/>

<https://www.usa.philips.com/>

<https://foodandnutrition.org/from-the-magazine/air-fryer-healthier-alternative-oil-filled-frying/>

<https://health.clevelandclinic.org>

Lesson Prepared by:

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All about Air Fryers

Air fried foods have fewer calories from fat than foods cooked with traditional methods, such as frying. Air fryers use circulating technology to produce crispy foods. They have many benefits:

- Easy to use and clean
- Energy efficient
- Quick, healthy meals
- Cooks a variety of foods
- Fits into any kitchen

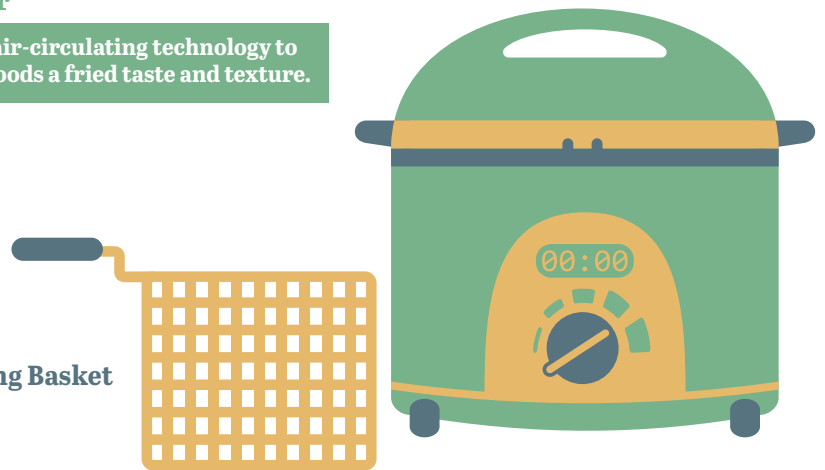
Air Fryer Tips

- Allow 5 inches behind the air fryer to increase air flow.
- Preheat before cooking to make sure the food cooks evenly.
- Always use a kitchen thermometer to check doneness of foods. See the Cooking Times table on the next page.
- Let the basket cool before washing it.
- Use air fryer cookbooks for cooking and handling instructions.
- Use tongs to remove hot items.
- Invest in accessories.
- Foods taste better reheated in the air fryer because it makes them crispy.
- Be careful with store-bought nonstick cooking sprays. They often have additives that can damage the air fryer basket. Make your own cooking spray with the recipe on page 3!
- Less is more when it comes to oil. Use a light spritz to 1 tablespoon of oil.
- Turn or shake food at least once during the cooking process.
- Because of the air moving around inside the air fryer, some foods may need to be weighed down during cooking. Use a trivet on top of foods or use toothpicks to keep foods—like a grilled cheese sandwich—together while cooking.
- Add water or a slice of bread to the drawer of the air fryer to prevent smoking.

Fryer

Uses air-circulating technology to give foods a fried taste and texture.

Frying Basket



- Do not overfill the basket.
- When breading, use your hands to press the breading onto the food.
- White smoke may mean there is too much fat in the food. Make sure the oil collection pan does not have excess oil/fat.
- Don't cut vegetables too small. They could fall through the basket and burn at the bottom.

Food Safety

- It's important to properly clean your air fryer to avoid food contamination.
- If anyone in your family has food allergies, be extremely careful when cleaning the air fryer. Some parts are hard to clean, and food particles left behind can cause an allergic reaction.
- Check the internal temperature of foods—especially meat—to ensure food safety.
- Be sure you understand how to use your air fryer to ensure food safety.

Cooking Times

Vegetables

Food	Temperature (°F)	Time (minutes)
asparagus	400	5
broccoli	400	6
brussels sprouts	380	15
carrots	380	15
cauliflower	400	12
whole corn	390	6
green beans	400	5
kale	250	12
mushrooms	400	5
onions	400	10
peppers	400	15
potatoes	400	15
squash	400	12
sweet potatoes	380	35–40
zucchini	400	12

Frozen

Food	Temperature (°F)	Time (minutes)
onion rings	400	8
french fries (thin)	400	14
french fries (thick)	400	18
mozzarella sticks	400	8
pot stickers	400	8
fish sticks	400	10
fish fillets	400	14
whole fish	400	14–16
chicken nuggets	400	10
breaded shrimp	400	9

Note: You may need to adjust cooking times and temperatures based on the size of the food and your air fryer's cooking suggestions.

See <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature> for safe minimum internal temperatures.

Meat

Food	Temperature (°F)	Time (minutes)
chicken breast	380	12
whole chicken	360	75
drumsticks	370	20
thighs	380	22
wings (2 pounds)	400	12
chicken tenders	360	8–10
burger (4 ounces)	370	16–20
filet mignon (8 ounces)	400	18
flank steak (1.5 pounds)	400	12
rib eye (8 ounces)	400	10–15
meatballs (1 inch)	400	5
beef eye round roast	390	45–55
pork loin (2 pounds)	360	55
pork chops (6.5 ounces)	400	12
tenderloin (1 pound)	370	15
bacon (regular)	400	5–7
bacon (thick)	400	6–10
sausages	400	8–12
veal, lamb (steaks, chops, roasts)	400	8–12
turkey breast (boneless)	350	25–40
eggs	325	8
egg dishes	325	8–12 (white and yolk should be firm)
reheated leftovers	varies	varies

Seafood

Food	Temperature (°F)	Time (minutes)
calamari (8 ounces)	380	4
fish fillet (8 ounces)	400	10
salmon fillet (6 ounces)	380	12
tuna steak	400	7–10
scallops	400	5–7
shrimp	400	5
crab	380	3–5
lobster	380	5–7
whole fish	400	10

Oils

Smoking point of oils is important when using an air fryer. The smoking point is the temperature where an oil will burn or turn to smoke. Here are smoking points of commonly used oils:

Oil	Temperature (°F)
avocado oil	520
extra light olive oil	468
peanut oil	441–445
sunflower oil	486–489
palm oil	455
soybean oil	453
canola oil (refined)	400
canola oil (pressed)	428–446
corn oil	446–460
vegetable oil	428

DIY Nonstick Cooking Spray

Store-bought nonstick cooking sprays can damage your air fryer basket. Try this DIY spray instead!

1 cup distilled water (4 parts) 1 clean spray bottle
¼ cup oil of your choice (1 part) Kitchen funnel

Add the water to a spray bottle, and then add the oil. Label the bottle. Shake before each use because the water and oil will separate.

Cleaning Your Air Fryer

After Each Use

- Wash the basket, tray, and pan by hand in warm, soapy water.
- If these pieces have baked-on grease, soak them in hot water and soap. Wash them once the grease is softened.
- Remove the basket and use a damp cloth or sponge with a little bit of soap to wipe the entire interior, and then wipe it dry.

Occasionally

- Use a damp cloth to wipe down the exterior every couple of uses.
- Use a damp cloth to wipe down the element if there is any buildup.

Deep Cleaning

- If you notice a foul odor coming from the air fryer, you may have food particles trapped somewhere.
- To clean, make a paste from baking soda and water.
- Use a toothbrush or scrub brush to scrub the interior.
- Never use metal utensils to remove crumbs or baked-on grease.

How to Choose an Air Fryer

Here are some things to consider when shopping for an air fryer:

- **Size:** Make sure you have the storage or counter space in your kitchen for the size air fryer you choose.
- **Budget:** How much you are willing to spend on this appliance? Air fryers can range from \$50 to several hundred dollars.
- **Capacity:** Air fryers range from 2 to 7 quarts. For a one- or two-person household, a lower-capacity fryer would be suitable. A larger family may want to consider a higher-capacity fryer.
- **Features:** Air fryers come with many features and presets. Think about which features you need or want.

References

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