

A close-up photograph of a white plate featuring several golden-brown, breaded fried items, likely chicken or fish. A small white bowl of red dipping sauce sits on the plate, and a fresh green parsley garnish is placed on top of one of the fried items. In the background, a dark-colored air fryer is visible, slightly out of focus.

frieling
by caso

COOKBOOK

AIR FRYER

5002



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Thank you for choosing the Frieling by CASO Air Fryer. You have made the right choice for making countless quick, easy, and delicious recipes!

If you have any questions regarding your Air Fryer, please check the operations manual or contact Customer Service.

Have fun and enjoy!

BASICS

TIPS FOR PREPARING

- For best results, smaller foods need to be shaken vigorously or turned over in the middle of the air fry time.
- For crispier potatoes, add some oil to fresh potatoes before frying.
- Dishes that can be prepared in a convection oven can also be prepared in this appliance.
- Using premade dough when making filled snacks will make the process quick and easy. Homemade dough needs a longer frying time.
- Place a piece of parchment paper into the fryer basket for easy cleaning (this may slightly prolong the total cooking time and slightly inhibit browning).

IN DETAIL

control panel

frying basket



outer basket



lid release

basket release

basket handle



APPETIZERS



ROASTED GOAT CHEESE MINI PEPPERS

INGREDIENTS

mini sweet peppers
goat cheese
fresh thyme
olive oil (optional)

PREPARATION

- 1) Cut mini sweet peppers in half, remove seeds.
- 2) Fill each half with a teaspoon of goat cheese. Top with a sprig of thyme and sprinkle with olive oil, if desired.
- 3) Air fry for 6 min. at 400°F or until the cheese begins to melt.

TIP: You can also add shredded cooked chicken, substitute mozzarella ... anything goes!

STUFFED MUSHROOMS

INGREDIENTS

rotisserie chicken - shredded or cut into small cubes
pesto
shredded cheese
whole mushrooms (stems removed)

- 1) Blend chicken and pesto in a small bowl.
- 2) Fill mushroom cups with chicken mixture and sprinkle with cheese.
- 3) Air fry for 8 min. at 400°F or until the cheese is melted.

TIP: This method can be used with any filling of your choice.



GARLIC ROASTED KALE

INGREDIENTS

10 oz. kale, stems removed, cut into 1 to 2 inch pieces
1 Tbsp. olive oil
1 clove garlic, minced
1/4 tsp. kosher salt (optional)
1 tsp. sherry vinegar (optional)
to taste black pepper (optional)

- 1) In a large bowl, blend the oil, garlic, and salt (if using).
- 2) Add the kale and toss to coat.
- 3) Air fry for 6-8 min. at 400°F.

OPTIONAL: Sprinkle with sherry vinegar and/or black pepper just before serving.



CARAMELIZED ONIONS AND CHEESE CROSTINI

PREPARATION

- 1) Caramelized onions: Heat the oil in a skillet and add the onion and salt. Cook for about 8 min. over medium heat, stirring occasionally, until the onions begin to brown. Add water to the pan. Cook about 10 min. more, until the water has evaporated and the onion caramelizes. Let cool.
- 2) Top each baguette slice with 1 slice of cheese, and place into the air fryer basket.
- 3) Air fry for 4 min. at 350° F or until the cheese begins to melt.
- 4) Remove from Air Fryer, top with the onions and serve.

INGREDIENTS

- 8 slices baguette, cut diagonally (3/8" thick)
- 2 tbsp. olive oil
- 1 sm onion, thinly sliced
- 1/4 cup water
- 1/4 tsp. salt
- 2 oz. tangy cheese cut into 8 slices
(we like Taleggio, Fontina, Bel Paese)





SPICEY CHICKPEA NIBBLERS

INGREDIENTS

1 can chickpeas, rinsed and dried
1 tsp. paprika
1/4 tsp. cayenne pepper
1 tsp. chili powder
2 tbsp maple syrup

Great to serve with olives and other finger foods,
or to sprinkle over green salads.

PREPARATION

- 1) Mix all ingredients in a bowl.
- 2) Air fry the chickpeas for 11 min. at 390° F, until dry and crispy.
- 3) Allow to cool down briefly on a plate in a single layer.



ENTRÉES

BACON

INGREDIENTS

1 lb. thick-cut bacon

PREPARATION

- 1) Separate and lay flat in basket
- 2) Air fry for 10 min. at 400° F
- 3) Remove to a plate and allow to cool briefly



MARINATED MEAT

INGREDIENTS

any meat of your choice
cut into long strips
your favorite marinade
home-made or store-bought

PREPARATION

- 1) Marinate meat in refrigerator overnight.
- 2) Air fry for 10 min. at 400°F.
- 3) Brush meat with the marinade and cook for 10 more min. or until the meat is cooked through.

MEAT RUB

INGREDIENTS

3 tbsp. kosher salt	1 tbsp. brown sugar
3 tbsp. paprika	1 tbsp. ground cumin
2 tbsp. onion powder	1.5 tbsp. dried oregano
2 tbsp. garlic powder	or Italian herb
1.5 tbsp. black pepper	mixture

PREPARATION

- 1) Blend all ingredients in a small bowl.
- 2) Rub onto a meat of your choice.
- 3) Spray with cooking oil if desired for better browning.
- 4) Air fry at 400°F for 15-20 min. or until the meat is cooked through. If desired, flip half way through the cooking.

TIP: We like this on beef, pork, ribs, and chicken.

BREADED FISH FILLET

INGREDIENTS

fish fillet of choice	bread or panko crumbs
all-purpose flour	salt & pepper
1 egg	lemon

PREPARATION

- 1) Pat the fish dry and season with salt and pepper.
- 2) Lightly whisk the egg in a shallow bowl. Place the flour and bread crumbs on two separate, shallow plates.
- 3) Dip both sides of the fish first in the flour, then in the egg, then in the breadcrumbs.
- 4) Air fry for up to 20 min. at 400°F. If desired, flip half way through the cooking. Serve with a wedge of lemon.

BUFFALO CAULIFLOWER

INGREDIENTS

1 cauliflower	1/2 tsp. chili powder
3/4 cup flour (all purpose or gluten free blend)	1/2 cup Frank's Red Hot Sauce or similar hot sauce
3/4 cup milk (cow or plain soy)	2 tbsp. butter, soy butter, or oil
1 tsp. vegetable bouillon powder	1 tsp. honey (optional)
1 tsp. garlic powder	Optional: Serve with a Ranch style dip.

PREPARATION

- 1) Cut the cauliflower into bite size pieces, rinse and drain.
- 2) Preheat Air Fryer at 390° F for 3 min..
- 3) Combine flour, bouillon granules and garlic powder in a large bowl. Whisk in the milk to form a uniform batter. Add the cauliflower florets and mix until all florets are coated with the batter.
- 4) Transfer the cauliflower to the Air Fryer basket and air fry for 10 min. at 400° F.
- 5) Turn the cauliflower florets and air fry for another 8-10 min. until crisp,
- 6) While the cauliflower continues to air fry, slowly heat the butter/oil, hot sauce and optional honey in a small saucepan on the stove.
- 7) Transfer the cauliflower to a bowl and pour the hot sauce over it to coat all florets.



ROASTED VEGETABLES

INGREDIENTS

broccoli	garlic
bell pepper	sprig of fresh thyme or rosemary
zucchini	grapeseed oil
squash	salt & pepper, to taste
onion	

PREPARATION

- 1) Cut vegetables into pieces no larger than 1" and coat lightly with cooking oil.
- 2) Air fry for 8 min. at 350°F. Stir. Air fry for 8 min. longer, or until cooked to your liking. More delicate vegetables such as broccoli florets will be done in 8 min. total.

TIP: More delicate vegetables such as broccoli florets will be done in 8 min. total.

TIP: After roasting, sprinkle vegetables with balsamic or sherry vinegar and chop, adding them to a green salad.



BREAKFAST/BRUNCH ROLLS

INGREDIENTS

1 pkg. premade tart dough
1 pkg. cream cheese
shallots, cut in slices
smoked bacon or salmon
chives, finely chopped

PREPARATION

- 1) Roll out the dough, and cut it into strips about 6 inches wide.
- 2) Coat each strip in the middle with cream cheese, making sure the cheese stays $\frac{3}{4}$ " from the edges.
- 3) Spread the bacon or salmon and sprinkle the shallots and chopped chives over it.
- 4) Roll the dough tightly, and cut the log into three equal parts, pressing the ends together.
- 5) Fry at 395° F for 12 min. in the Air Fryer.



FRIED CORN ON THE COB

INGREDIENTS

2-4 ears of corn
Salt, pepper, butter, and herbs, to taste

PREPARATION

- 1) Brush the ears of corn with a thin coat of oil or butter and place in the frying basket.
- 2) Fry for about 12-15 min..
- 3) After frying, season with extra butter and seasoning/herbs to taste



DINNER ROLLS

INGREDIENTS

Pre-baked dinner rolls of choice

PREPARATION

- 1) Air fry for 4 min. at 400°F.

TIP: This is a great method to refresh bread that's a little stale.



POTATO WEDGES

INGREDIENTS

russet or sweet potatoes	garlic powder
cumin	olive oil
paprika	salt & pepper to taste
curry powder	grated parmesan (opt.)
onion	

PREPARATION

- 1) Peel, if desired, and cut potatoes into 1/2" wedges. If time permits, soak in lightly salted water for 10 min. or blanch quickly.
- 2) After soaking/blanching, dab potatoes dry and coat them lightly with oil and suggested seasoning.
- 3) Air fry for 15 min. at 400°F until golden brown.

TIP: Before the potatoes finish cooking, add grated parmesan.



BACON WRAPPED ASPARAGUS

INGREDIENTS

green asparagus
bacon
balsamic glaze (optional)

PREPARATION

- 1) Break off the ends of the asparagus. Wrap single stems in bacon, or make small bundles.
- 2) Air fry for 10 min. at 400°F (longer for bundles). Drizzle with glaze before serving, if desired.



ROASTED CABBAGE WEDGE

INGREDIENTS

½ head savoy cabbage (outer leaves removed),
cut in half lengthwise with the core in
1 tbsp. olive oil
1 tbsp. Pecorino, Romano, or Parmesan cheese
kosher salt to taste

for vinaigrette:

5 tbsp. extra virgin olive oil
3 tbsp. sherry vinegar
1 tsp. dijon mustard
kosher salt & pepper to taste

PREPARATION

- 1) Place cabbage in Air Fryer basket. Drizzle with oil and sprinkle with salt.
- 2) Air fry for 20 min. at 400°F or until the edges are brown and crispy.
- 3) While the cabbage is roasting, prepare the vinaigrette by whisking together the ingredients in a small bowl.
- 4) Plate the cabbage, drizzle with vinaigrette, sprinkle with cheese. Serve hot.



HASSELBACK POTATOES

INGREDIENTS

2 ea.	Russet or Yukon Gold Potatoes
2 tsp.	olive oil, divided
1/2 tsp.	coarse sea salt
1/4 tsp.	coarse black pepper
1 1/2 tsp.	garlic, minced
1/2 tsp.	dried thyme

PREPARATION

- 1) Wash and dry the potatoes. Cut 1/8-1/4 inch slits into the potatoes, being careful not to cut all the way through to the bottom (it is important that the potatoes are held together by their base). Tip: Set the potato between the handles of two wooden spoons as you cut.
- 2) Preheat the Air Fryer for 4 min. at 380°F.
- 3) Brush the potatoes with 1 tsp. oil and sprinkle them with salt and pepper. Place the potatoes in the Air Fryer and air fry for 20 min. at 380°F.
- 4) Open the Air Fryer and brush the potatoes on the outside and inside the cracks with 1 tsp. olive oil. Add the garlic and thyme to the top and into the cracks. Be careful, as the basket and potatoes will be hot!
- 5) Close the drawer and continue to air fry for another 15 to 20 min., depending on the size of the potatoes. Enjoy!

BANANA FRITTERS

INGREDIENTS

2/3 cup all-purpose flour 1 tbsp. oil
a pinch of salt 1.5 lb bananas, peeled
1 egg yolk ½ lemon
1 egg white powdered sugar
4 tbsp. of water

PREPARATION

- 1) Beat the egg white until stiff and fold it into the dough. Cut the bananas into 3/4 inch slices and drizzle with lemon. Dip the banana slices into the batter, coating them fully.
- 2) Preheat the fryer to 350° F. Fry the banana pieces for 3 to 5 min. Place on a paper towel and dust with powdered sugar.

TIP: Drizzle warm honey with orange juice as a sauce over the fritters



WARM COCONUT PINEAPPLE

INGREDIENTS

1/2 ea. pineapple, peeled, cored, and cut lengthwise into 4 wedges
1 tbsp. honey (or light brown sugar)
2 tsp. lime juice
2 tbsp. dried, shredded coconut to taste
vanilla ice cream (optional)

PREPARATION

- 1) Line the basket of your Air Fryer with parchment paper.
- 2) Brush pineapple with honey or sprinkle brown sugar over the pineapple. Sprinkle with lime juice.
- 3) Air fry for 8 min. at 380°F. Sprinkle pineapple with coconut and air fry for an additional 4 min. or until the coconut begins to brown.
- 4) Serve with ice cream, if desired.





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